WELCOME

FY 17 CACFP Renewal Summit

Palo Verde Room

Presentations will begin shortly

Coming up next

Guest Speaker: Cindy Vian

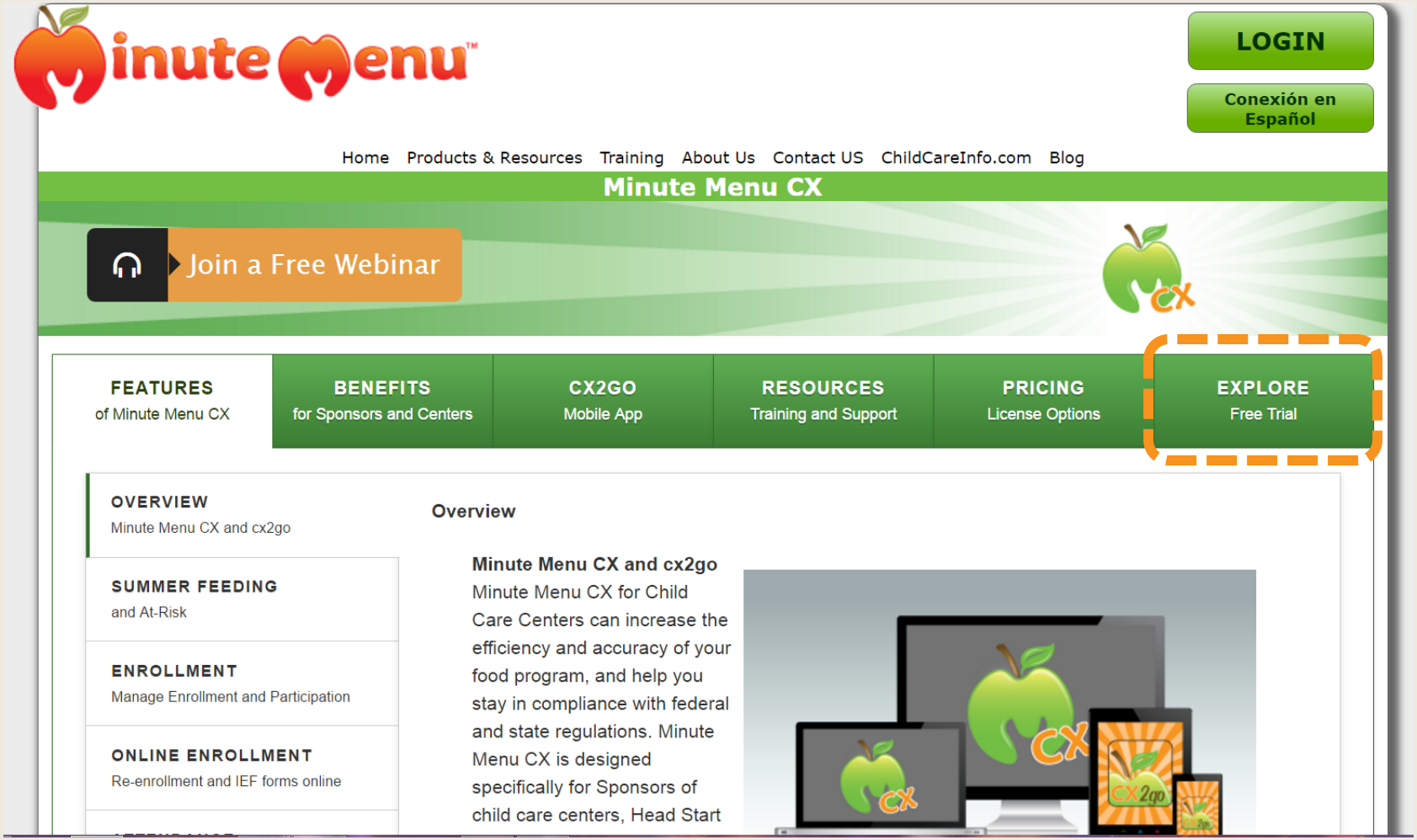
Minute Menu CX

YOUR NEW BEST FRIEND FOR RECORD KEEPING

How will Minute Menu CX help YOU?

- Enrollment/IEF
  - Know 30 days before an enrollment expires
  - IEF Calculator ensures correct Free/Reduced/Paid category
- Meal Planning
  - Plan menus in advance
  - Purchase Reports
  - Production Records – calculate automatically
- Attendance
  - Data entry, scanning, or mobile app! – syncs in real time
- And much, much more!

Free 60 day trial – www.minutemenu.com



Dashboard – The Goal is to Get Green!

Widgets Turn Red When More Information is Required

Click on the Widgets to See Which Child Files Need Attention

Docking Arrows

Green is Good!

Shortcut Buttons

Message Center

Child Roster Report

ENROLLMENT ROSTER: Dawn's Little Tigers (051) **MM DEMO SPONSOR**

LICENSE: Center

Claim Month October 2013 **From Roster:** **F: 7** **R: 2** **P: 3** **N: 0** **NP: 0** **%(F+R): 75.00%**

F: 58.33% **R: 16.67%** **P: 25.00%** **Roster Count: 12**

	Name	Class	/ #	Age	DOB	Enrolled	Expires	FRP	tXX	Basis	IEF Exp	Race	Withdrawn
1.	Albot, Jessica E	INF2	20	2y 3m	07/01/11	06/01/12	05/31/13	P	N	FS	05/31/13*F	A	11/30/13
2.	Avlos, Marley	PRES	200	8y 1m	08/15/05	06/01/12	05/31/13	P	N	Oth	06/30/12*P	B	
3.	Avlos, Sky	BLUE	14	2y 9m	12/18/10	06/01/12	05/31/13	F	N	Inc		W	
4.	Black, Bonbon *P	INF1	203	2y 7m	02/04/11	08/01/13	07/31/14	F	N				
5.	Charles, Elaine	PRES	21	4y 0m	09/10/09	04/02/10	04/01/11	F	N			W	
6.	Christopherson, John	PRES	12	6y 9m	12/18/06	06/04/11	06/03/12	P	N	Oth		W	
7.	Cricket, Jiminey *P	2	201	5y 3m	06/10/08	06/01/11	05/31/12	F	N			W	
8.	Cruzes, Penelope P *P	PRES	15	3y 3m	07/01/10	07/01/11	06/30/12	F	N	Inc		H	
9.	Cruzes, Pricilla *P	INF2	17	9y 3m	07/01/04	06/01/11	05/31/12	R	N	Inc		W	
10.	Depp, Johnny	SCH	202	11y 4m	05/04/02	12/06/12	12/05/13	R	N			H	
11.	Donald, Arnold *P *I	INF1	204	0y 1m	08/20/13	08/23/13	08/22/14	F	N				
12.	Grace, Britt *P	PRES	23	4y 8m	01/10/09	08/01/11	07/31/12	F	N			W	

Do You Use Procare?

- If so, import child and guardian data with one-click! Check with your Food Program Sponsor *before* enrolling any children!

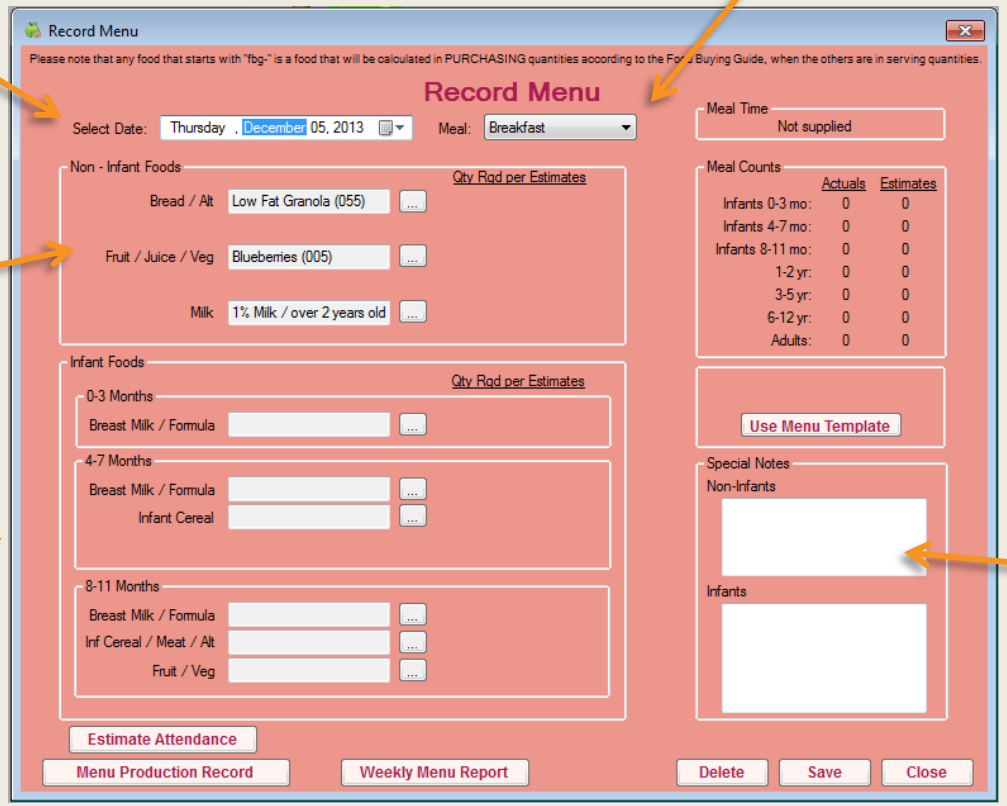
Recording a Menu

Select the Date

Select the Meal

Select Non-Infant Foods

Select Infant Foods



Make any Special Notes Here

Intro to Menu Production Records (MPRs)

- The MPR displays amounts of food needed based on Estimated Attendance and Actual Attendance. "Actual" amounts will not be displayed on the report until after attendance has been recorded into Minute Menu CX.

Estimated and Actual Attendance by Age Group

Meal

Dawn's Little Tigers 051
(972) 671-5211

Non Infant Menu Production Record
Thursday 11/28/2013

TX Program No: 123ABC

MM DEMO SPONSOR
(972) 671-5211

Breakfast

	1-2 Yrs	3-5 Yrs	6-12 Yrs	Adults	Total
Estimated Attendance	15	25	18	0	58
Actual Attendance					

Planned Participation Non-Program

Total Including Infants: 93

Component	Food Served/Planned	Rqd Serving Size By Age 1-2	3-5	6-12	Adult	Qty Needed Per Est Attendance	Qty Needed Per Actual Attendance	Actual Qty Prepared	Comments
Brd/Alt	Bran Chex	1/4 c	1/3 c	3/4 c	1 1/2 c	25.58 c			
Veg/Frt/Juice	Strawberries	1/4 c	1/2 c	1/2 c	1/2 c	25 1/4 c			
Milk	1% Milk / over 2 years old	1/2 c	3/4 c	1 c	1 c	2.77 gal			

Recorded Menus

Amount of Food Needed Per Age Group

Quantity of Food Needed Based on Estimated Attendance for All Ages

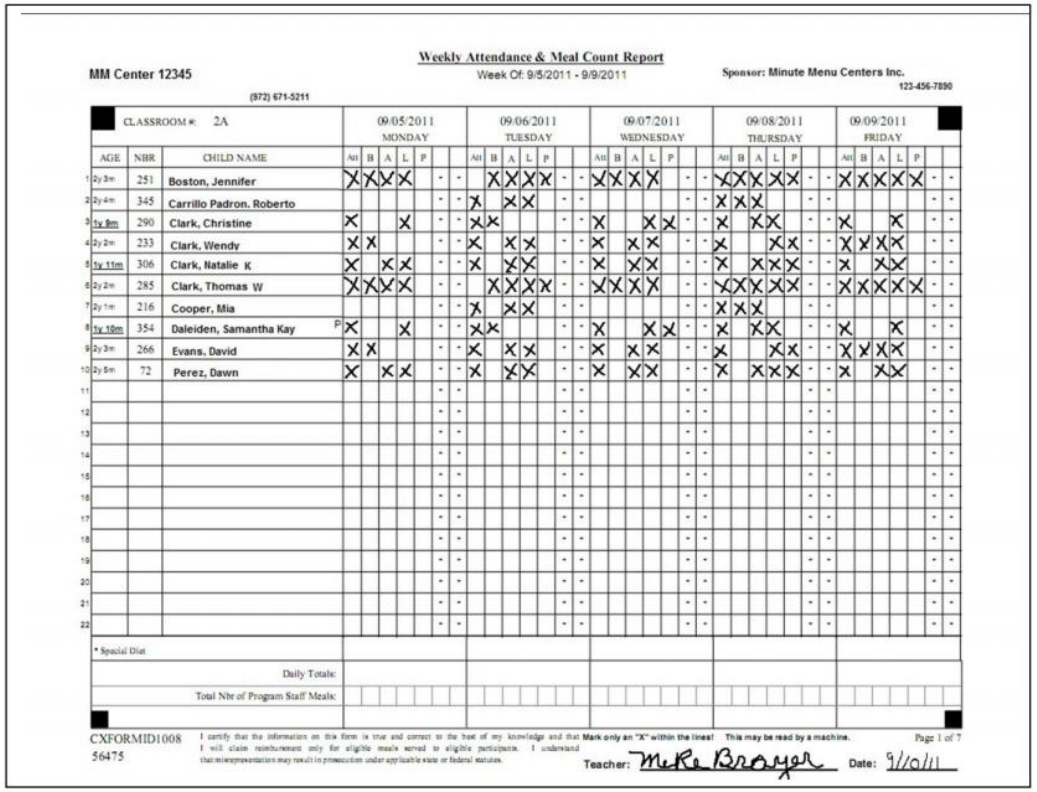
Quantity of Food Needed Based on Actual Attendance for All Ages

Weekly Attendance & Meal Count Form

Properly Marking Attendance & Meal Count Forms

To Correctly Mark Attendance & Meal Count Forms:

1. **Use ONLY dark black pens or markers.**
2. **Make neat, dark, black X's in the center of the box**, making sure to stay within the lines.
3. **Avoid making any stray marks** on any part of the form.
4. The **date must be pre-printed at the top of each column**. If the date is not printed – ask for a new form. Do not manually enter the date.
5. **For a new child in a class, neatly write their first and last name by hand** on the next available row, being sure to stay within the lines.
6. **Use white-out** to correct mistakes.
7. **Mark each child in attendance if they received a meal.** If attendance is left blank meals will not be counted.
8. **Sign and date** the form before submitting.



Weekly Attendance & Meal Count Report

MM Center 12345 — Week Of: 9/5/2011 - 9/9/2011 — Sponsor: Minute Menu Centers Inc.

(972) 671-5211 — 123-456-7890

CLASSROOM #: 2A

	AGE	NBR	CHILD NAME	09/05/2011 MONDAY	09/06/2011 TUESDAY	09/07/2011 WEDNESDAY	09/08/2011 THURSDAY	09/09/2011 FRIDAY
1	2y 3m	251	Boston, Jennifer	X X X X	X X X X	X X X X	X X X X X	X X X X X
2	2y 4m	345	Carrillo Padron, Roberto		X X X		X X X	
3	1y 9m	290	Clark, Christine	X X	X X	X X X	X X X	X X
4	2y 2m	233	Clark, Wendy	X X	X X	X X	X X X	X X X
5	1y 11m	306	Clark, Natalie K	X X X	X X X	X X	X X X	X X
6	2y 2m	285	Clark, Thomas W	X X X X	X X X X	X X X	X X X X	X X X X
7	2y 1m	216	Cooper, Mia		X X X		X X X	
8	1y 10m	354	Daleiden, Samantha Kay P	X X	X X	X X X	X X X	X X
9	2y 3m	266	Evans, David	X X X	X X X	X X	X X X	X X X
10	2y 5m	72	Perez, Dawn	X X X	X X X	X X	X X X	X X
11–22								
			* Special Diet					
			Daily Totals:					
			Total Nbr of Program Staff Meals:					

CXFORMID1008 56475

I certify that the information on this form is true and correct to the best of my knowledge and that I will claim reimbursement only for eligible meals served to eligible participants. I understand that misrepresentation may result in prosecution under applicable state or federal statutes.

Mark only an "X" within the lines! This may be read by a machine. Page 1 of 7

Teacher: McKe Brayer Date: 9/10/11

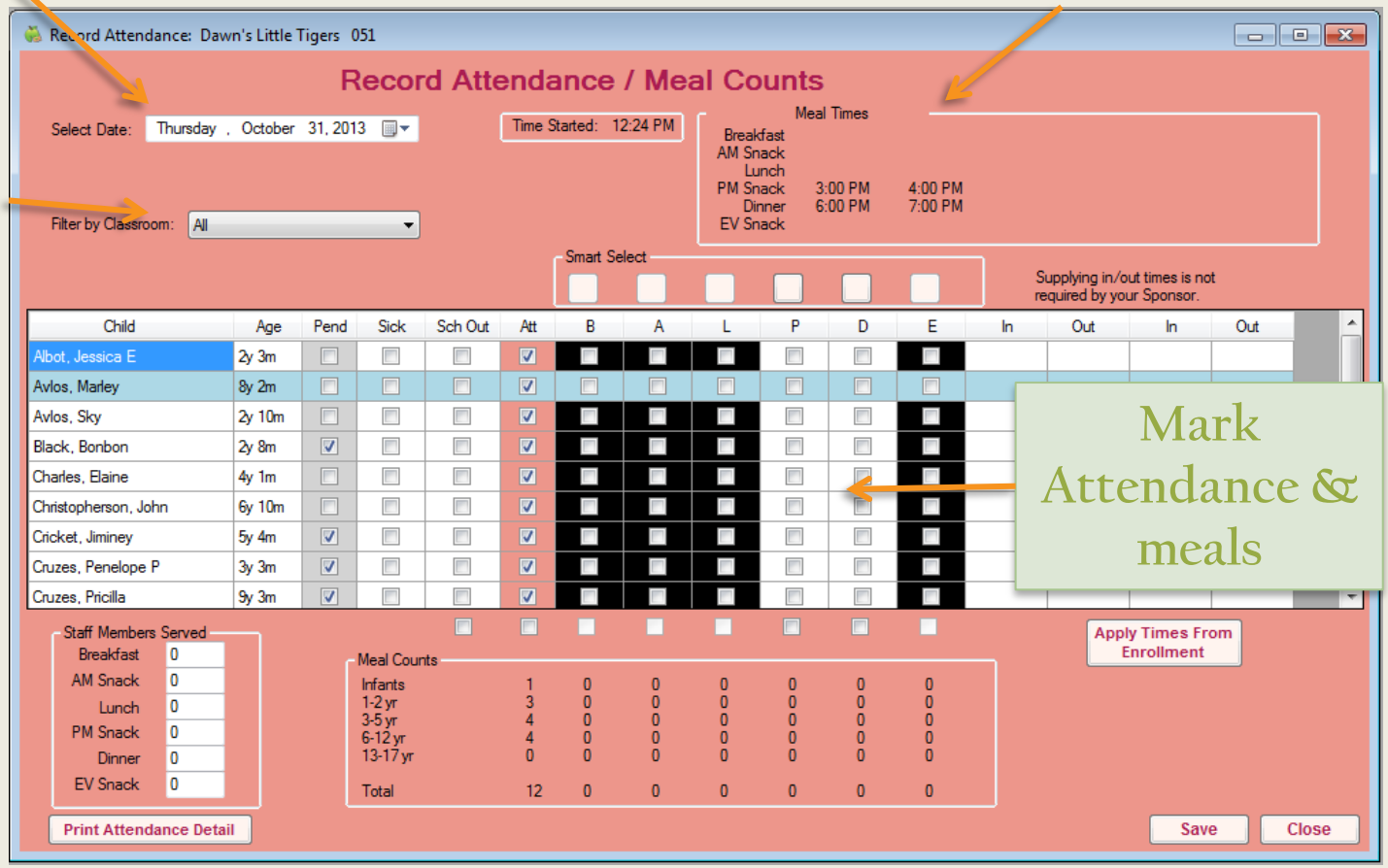
Correctly Marked Weekly Attendance & Meal Count Form

Record Meal Counts and Attendance

Select the Date

Meal Times are Displayed

Select the Classroom

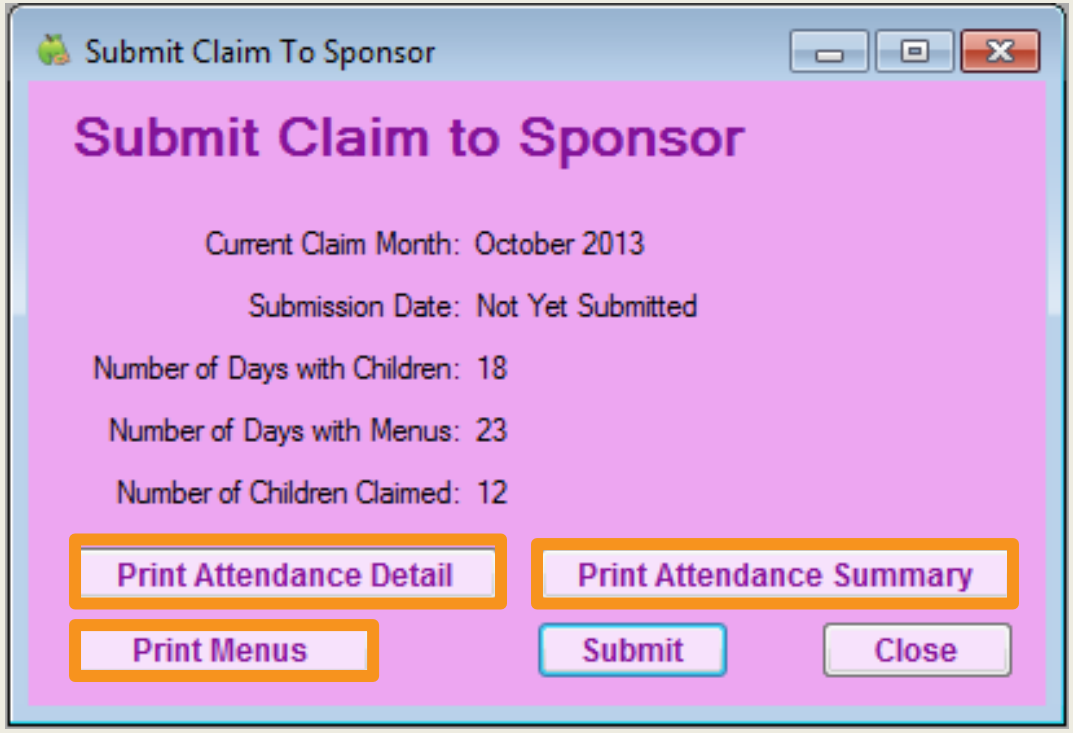


Mark Attendance & meals

cx2go mobile app

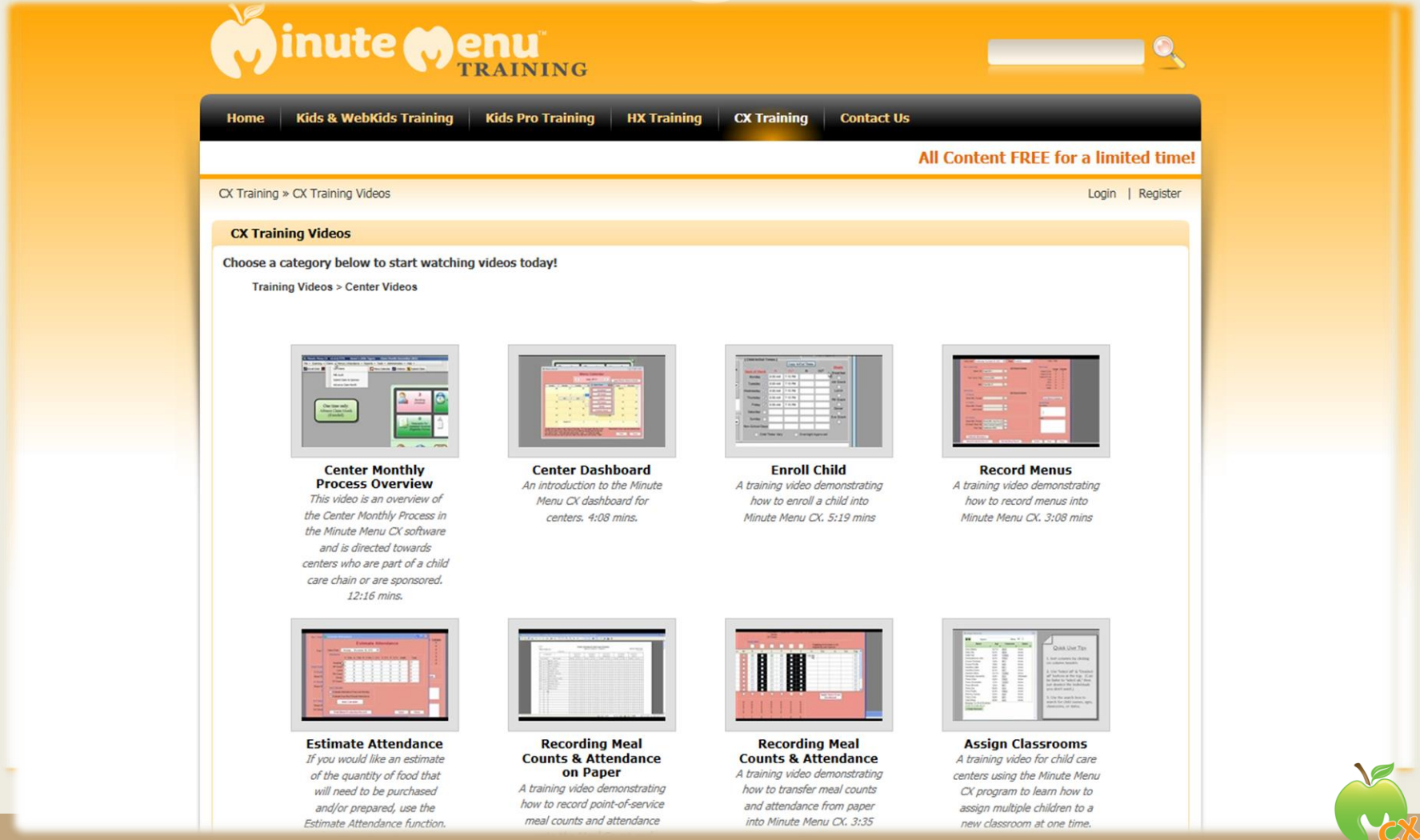
- Teachers can record attendance, meal counts, and in/out times in cx2go on smart phones, tablets, or computers!
  - The app is FREE to download and to use
  - On computers, access the app by going to cx2go.mobi using either a Chrome or Safari browser.

Print Reports



For your convenience, some reports are available from this screen.
Make sure that all data has been recorded before proceeding.

Minute Menu Training Website!



Thank You!

Coming up next

Guest Speaker: Veronica Cramer

CACFP Procurement and Catering Contracts

Procurement Regulations

Regulations are found in 7 CFR Part 226 and 2 CFR Part 200.317-326.

(Parts 3016 and 3019 have been superseded by 2 CFR Part 200)

supplies

food

equipment

other services

Written Procurement Plan

Child and Adult Care Food Program
Procurement Policies and Procedures

All procurement of food, supplies, goods, and other services with Program funds by sponsors must comply with procurement standards prescribed in Uniform Administrative Requirements for Grants and Agreements with Institutions of Higher Education, Hospitals, and Other Non-Profit Organizations located at 2 CFR Part 200 as well as 7 CFR Part 225. Procurement standards are specifically located in 7 CFR Part 225.17 and 2 CFR Part 200.317-326. (Note: Parts 3016 and Part 3019 have been superseded by 2 CFR Part 200 as adopted and supplemented by USDA in 2 CFR Part 400 for the SFSP and other Child Nutrition Programs.)

The State agency can provide more detailed information since, in addition to complying with the minimum Federal standards, sponsor purchases may have to meet more restrictive State and local standards, as well as special procurement requirements that may be established by the State agency, with approval of FNS, to prevent fraud, waste, and Program abuse.

The_____will purchase food, supplies, equipment,
SPONSORING ORGANIZATION

and other items for use in the Child and Adult Care Food Program in compliance with USDA and Federal Assistance Regulations, which implement OMB Circular A-102, and the State of Arizona Procurement Standards and Guidelines by using procedures outlined in this plan for Federal grant funds.

METHODS OF PROCUREMENT

A. Micro-Purchase (Purchases between $0-$3,500)

2 CFR Part 200 implemented a new micro-purchase threshold for the purchase of supplies or services, the aggregate amount of which does not exceed $3,500

Procurement Plan Details

- Policies and Procedures
  - Methods of Procurement
  - Record Retention
    - 3 years plus the current year
  - Procurement Ethics
    - Written Code of Conduct
  - Sample Documents

Procurement Standards

Why Procure?

- Obtain goods and services efficiently and economically
- Comply with Federal, State, and Local regulations
- Prevent fraud, waste, and abuse
- Maximum open and free competition

What method do I use?

2 CFR 200.320

Methods:

1. Micro-Purchase
2. Small Purchase
3. Sealed Bids
4. Competitive Proposals
5. Non Competitive Proposals

Micro-Purchase

- **Aggregate value does not exceed $3,500**
- **Distributed equitably among qualified suppliers**
- **No quotes required**
- **Price must be reasonable**

Micro-Purchase Q & A

1. What is meant by “aggregate dollar value”?

The value of products or services (similar or dissimilar purchased at once as a single, collective unit) in a single transaction.

2. Does “aggregate” limit competition when soliciting for a prime vendor?

This would only effect soliciting for a prime vendor if the program operator determines that consolidating or breaking out procurements results in a more economical purchase 2 CFR 200.318(d).

Micro-Purchase Q & A

3. What is considered a transaction?

An occurrence in which two or more entities exchange goods, services or money between or among them.

Examples:

1. A program operator purchases computer paper, ink cartridges, paper towels, and cleaning supplies from the same supplier at the same time. That would be a single transaction. If the cost of the purchase does not exceed $3500, the transaction would be a considered a micro-purchase.
2. A program operator makes the following purchases on the same day at two separate locations: computer paper and ink cartridges at a retail office supply store, and paper towels and cleaning fluids at a different retail store. Each purchase is considered a separate transaction made from different suppliers. Neither supplier is involved with the other. Both transactions would be considered micro-purchases, as long as the total for each is under $3500.

Micro-Purchase Q & A

4. What is meant by distributing micro-purchases equitably among qualified suppliers and "spreading the wealth"?

Program operators using the micro-purchase method may not always purchase from only one source; rather purchases must regularly be made using available qualified sources. This provides qualified sources the opportunity for business or "spreading the wealth."

Example: A program operator buys computer paper, valued at $1000. This qualifies as a micro-purchase. Your written procurement procedures must include a procedure that such purchases must be rotated among qualified suppliers (different stores).

Micro-Purchase Document

SAMPLE – CACFP Micro Purchase Document			
Date: 01/18/17		**For Purchases between $0-$3,500**	
Purchase Amount: $2115.00 Average Monthly Purchase			
Type of Items Compared:	**Stores Surveyed:**	**Quote Amounts:**	**Store Awarded - Yes or No:**
CACFP Food	1. ABC Grocery	$2,034.89	Yes – reasonable
CACFP Operational Supplies		$579.14	Yes – reasonable
CACFP Food	2. Your Corner Store	$2,089.23	Yes – reasonable
CACFP Operational Supplies		$542.27	Yes – reasonable
CACFP Food	3. Produce and More 4 U	$2,092.63	Yes - reasonable & best produce
CACFP Operational Supplies		$572.98	Yes – reasonable & best produce
CACFP Food	4. Juniors Fine Foods and Catering	$4,058.02	No – prices not comparable
CACFP Operational Supplies		$728.33	No – prices not comparable
Totals:			
Notes and Reasons for Award or Non Award: Stores 1- 3 have comparable pricing. We will rotate our purchases equitably			

Small Purchase

- **Aggregate value is between $3,500 and $150,000**
- **Obtain quotes**
  - **Email, catalog, website, telephone, oral**
- **More than one qualified source**
- **Document, document, document**

Small Purchase Document

CACFP Small Purchase Document			
Date:		Purchases between $3,500-$150,000, or the most restrictive threshold	
Purchase Amount:			
Type of Items Compared:	Stores Surveyed:	Quote Amounts:	Store Awarded - Yes or No:
Totals:			
Notes and Reasons for Award or Non Award:			

Large Purchase

- Aggregate value is over $150,000
- More than one qualified source
- Sealed Bids
  - Firm, fixed-price
  - Lowest responsible and responsive bidder
- Competitive Proposals
  - Fixed-price or Cost-reimbursable
  - Written evaluation
  - Awarded to most advantageous to sponsor
- Publically advertised

Noncompetitive Proposal

- **Procurement through solicitation of a proposal from only one source**
- **May be used when:**
  - **Item available from only one source**
  - **Public exigency or emergency – delay not permitted resulting from solicitation**
  - **Authorized by FNS or State agency based on written request**
  - **After solicitation from a number of sources, competition is deemed inadequate**

Catering Contracts

All contracts with a vendor must be approved by ADE

- ***Small purchase*** contract agreements (under $150,000)
  - Each contract agreement must be reviewed annually
  - Small purchase contracts should be for one year
  - Turn in a signed and completed copy for approval
  - Make sure to fill in all information
  - Contract dates between **October 1 – September 30**
  - Sponsor must receive approval of the contract agreement before food operations begin

Catering Contracts

- ***Large purchase*** contract agreements (over $150,000)
  - Mandatory training
  - Solicitation documents
    - RFP, Evaluation Rubric
  - ADE Approval, Public release
  - Evaluation Committee
  - ADE Approval of Selected Proposal, Notification
  - Contract duration – one year with 4 renewals

Review -

- Decide what material, product, or service you need to procure
- Determine the amount of the contract for your material, product, or service
- Conduct proper procurement based on the information

Questions

Veronica Cramer

Contracts Management Officer

602-364-1965

Veronica.Cramer@azed.gov

Civil Rights Requirements

Goals Of Civil Rights

- ***Equal treatment*** for all applicants and beneficiaries
- ***Knowledge*** of rights and responsibilities
- ***Elimination of*** illegal ***barriers*** that prevent or deter people from receiving benefits
- ***Dignity and respect for all***

What is Discrimination?

The act of distinguishing one person or group of persons from another

intentionally,

by neglect, or

by the effect of actions or lack of actions based on their ***protected classes****.*

What Is a Protected Class?

Any person or group of people who have characteristics for which discrimination is prohibited based on a law, regulation, or executive order.

Discrimination = Four D's

Denied benefits or services

Delayed receiving benefits

Treated **Differently** than others

Given **Disparate** treatment

Components of Civil Rights Compliance

- Public Notification
- Outreach and Education
- Racial/Ethnic Data Collection
- Language Assistance
- Complaint Procedures
- Technical Assistance and Training
- Customer Service

Public Notification

Public Notification

Must include information on:

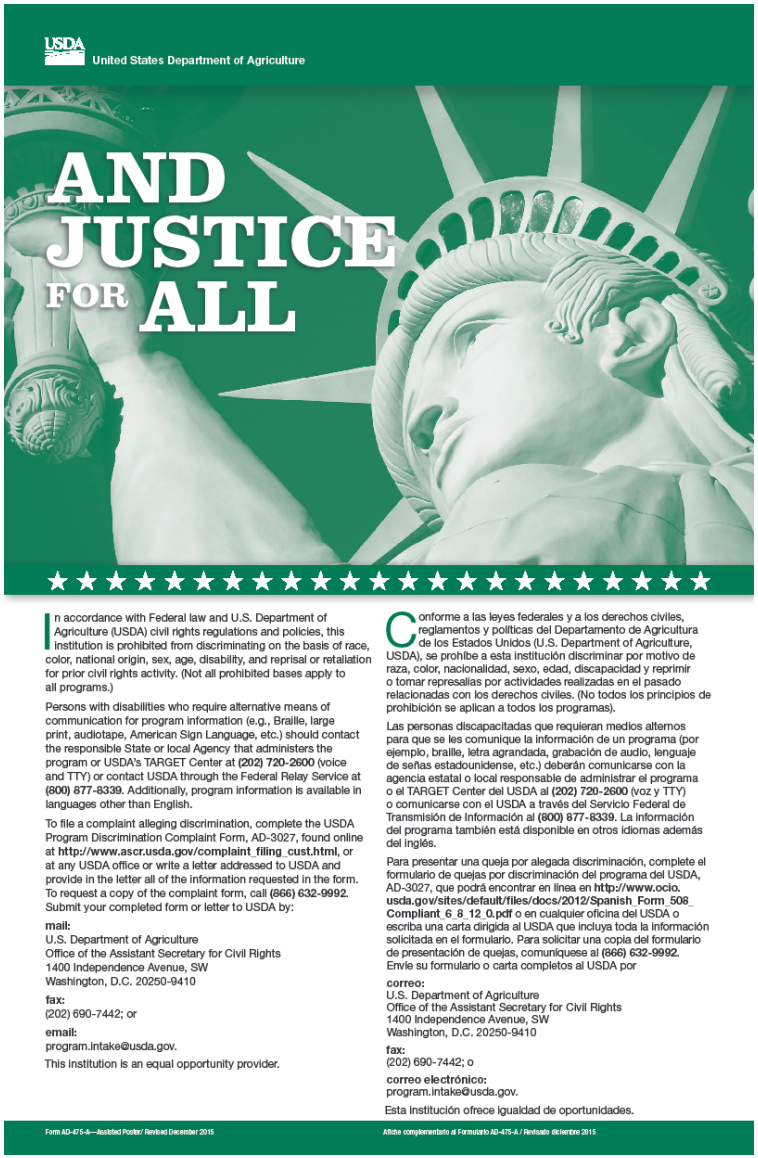
- Eligibility
- Benefits & Services (i.e. free or reduced price meals)
- Program availability
- Applicant rights and responsibilities
- Procedures for filing a complaint
- Non-discrimination policies
- Any programmatic changes (i.e. changing location of a meal site)

Methods of Public Notification

- **Public Release (required)**
- **Post "And Justice for All" Poster (required)**
- **Other methods of public notification (optional):**

"And Justice for All" Poster

- Display in a prominent areas where participants and potential participants have access
  - Examples: cafeteria/food service area, office, parent bulletin board
- Must be posted at every site
- Must be 11" x 17" format



USDA United States Department of Agriculture

AND JUSTICE FOR ALL

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at **http://www.ascr.usda.gov/complaint_filing_cust.html**, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call **(866) 632-9992**. Submit your completed form or letter to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

fax:
(202) 690-7442; or

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a las leyes federales y a los derechos civiles, reglamentos y políticas del Departamento de Agricultura de los Estados Unidos (U.S. Department of Agriculture, USDA), se prohíbe a esta institución discriminar por motivo de raza, color, nacionalidad, sexo, edad, discapacidad y reprimir o tomar represalias por actividades realizadas en el pasado relacionadas con los derechos civiles. (No todos los principios de prohibición se aplican a todos los programas).

Las personas discapacitadas que requieran medios alternos para que se les comunique la información de un programa (por ejemplo, braille, letra agrandada, grabación de audio, lenguaje de señas estadounidense, etc.) deberán comunicarse con la agencia estatal o local responsable de administrar el programa o el TARGET Center del USDA al **(202) 720-2600** (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al **(800) 877-8339**. La información del programa también está disponible en otros idiomas además del inglés.

Para presentar una queja por alegada discriminación, complete el formulario de quejas por discriminación del programa del USDA, AD-3027, que podrá encontrar en línea en **http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf** o en cualquier oficina del USDA o escriba una carta dirigida al USDA que incluya toda la información solicitada en el formulario. Para solicitar una copia del formulario de presentación de quejas, comuníquese al **(866) 632-9992**. Envíe su formulario o carta completos al USDA por

correo:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

fax:
(202) 690-7442; o

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

Form AD-475-A—Assisted Poster/ Revised December 2015

Afiche complementario al Formulario AD-475-A / Revisado diciembre 2015

www.azed.gov/health-nutrition/civil-rights

Outreach and Education

Outreach and Education

- You want to reach as many potential children as possible.
- You want to ensure program access.
- You need to pay attention to under-represented groups.
- Include the required nondiscrimination statement on all materials that mention or imply CACFP and/or USDA programs (including web sites, posters, and informational materials).
- When using graphics, reflect diversity and inclusion.

Required Non-Discrimination Statement Language

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Required Non-Discrimination Statement Language

If the material or document is too small to permit the full statement (previous slide) to be included, the material MUST, AT A MINIMUM, include:

"This institution is an equal opportunity provider."

Racial/Ethnic Data Collection

Why do I have to collect racial and ethnic data?

Racial/ethnic data is used to determine how effectively your program is reaching potentially eligible children and where outreach may be needed.

Collecting and Recording Participation Data

- Establish a system
- Program applicants
- Data collectors

Data Collecting and Reporting

Collect ethnic data first, then racial data

1. **Ethnicity categories**:
   - Hispanic or Latino
   - Non-Hispanic or Non-Latino

2. **Racial categories (instructions should specify "mark one or more")**
   - American Indian or Alaskan Native
   - Asian
   - Black or African American
   - Native Hawaiian or other Pacific Islander
   - White

Obtain racial/ethnic data through:

Voluntary self-identification or self-reporting (*preferred method*)

OR

If a household chooses not to provide racial/ethnic information:

-Visual identification

-Personal knowledge, records or other documentation

Language Assistance

Limited English Proficiency (LEP)

Definition:

Individuals who do not speak English as their primary language and have limited ability to read, speak, write, or understand English.

Limited English Proficiency (LEP)

- Interpreters:
  - Children should not be used
  - Volunteers may be used, but make sure they understand interpreter ethics – particularly confidentiality!
- Resources:
  - Share resources to save money
  - Language line phone services

Complaint Procedures

Handling Civil Rights Complaints

Sponsors are required to develop and implement a written procedure to handle any discrimination complaint that may be received

Right to file

Registering a complaint

Handling Civil Rights Complaints

- Complaints can be written or verbal
- Anonymous complaints should be handled as any other complaint
- All verbal or written complaints must be forwarded to the ADE or Civil Rights Division of USDA Food and Nutrition Service.
- Document all potential complaints in a *Civil Rights Complaint Log*
- Have a central location where the *Civil Rights Complaint Forms* and *Civil Rights Complaint Log* will be kept

The following information should be included in a Civil Rights Complaint

1. Name, address, phone number of complainant, if provided (not required)

2. Specific name and location of entity delivering the benefit or service

3. The nature of the incident, action, or method of administration that led the complainant to feel discriminated against

The following information should be included in a Civil Rights Complaint

4. The basis on which the complainant feels discrimination exists (race, color, national origin, sex, age, or disability)

5. The names, titles, and business addresses of persons who may have knowledge of the discriminatory action

6. The date(s) during which the alleged discriminatory actions occurred, or if continuing, the duration of such actions

Technical Assistance and Training

Civil Rights Training for Agency Staff

- All staff who work with the CACFP must receive training on all aspects of civil rights compliance annually.
- Topics:
  - -What is Discrimination?
  - -Collecting/recording racial/ethnic data
  - -Where to display posters
  - -What is a Civil Rights complaint
  - -How to handle a Civil Rights complaint
- Retain records of the people who received civil rights training.

Customer Service

Customer Service

- All participants must be allowed equal opportunities to participate in Child Nutrition programs regardless of race, color, national origin, sex, age, or disability.
- All participants must be treated in the same manner (i.e. seating arrangements, serving lines, services and facilities, assignment of eating periods, methods of selection for application approval processes).

Civil Rights Summary

Summary: Civil Rights "Must Do List"

- ✓ Provide CACFP in a nondiscriminatory manner
- ✓ Offer meals to all children and meal substitutions to participants with disabilities
- ✓ Prominently display the "*And Justice for All*" poster
- ✓ Annually complete the Civil Rights Data Collection Form

Summary: Civil Rights "Must Do List"

- ✓ Include the non-discrimination statement on all materials available to the public which mention USDA and/or CACFP, including websites
- ✓ Provide informational materials in the appropriate translation
- ✓ Train staff annually and complete a training form

Summary:
Civil Rights "Must Do List"

- ✓ Develop & fully implement your Civil Rights Complaint Procedure
- ✓ Make forms available to all staff: Civil Rights complaint forms, Civil Rights log and Civil Rights complaint procedure
- ✓ Refer all Civil Rights complaints to ADE or USDA

Questions?

Contact:

Veronica Cramer
602-364-1965

Coming up next

Guest Speaker: Claudine Wessel

HALLE HEART CHILDREN'S MUSEUM

Claudine M. Wessel
Programs & Operations Director

HALLE HEART CENTER | 1996

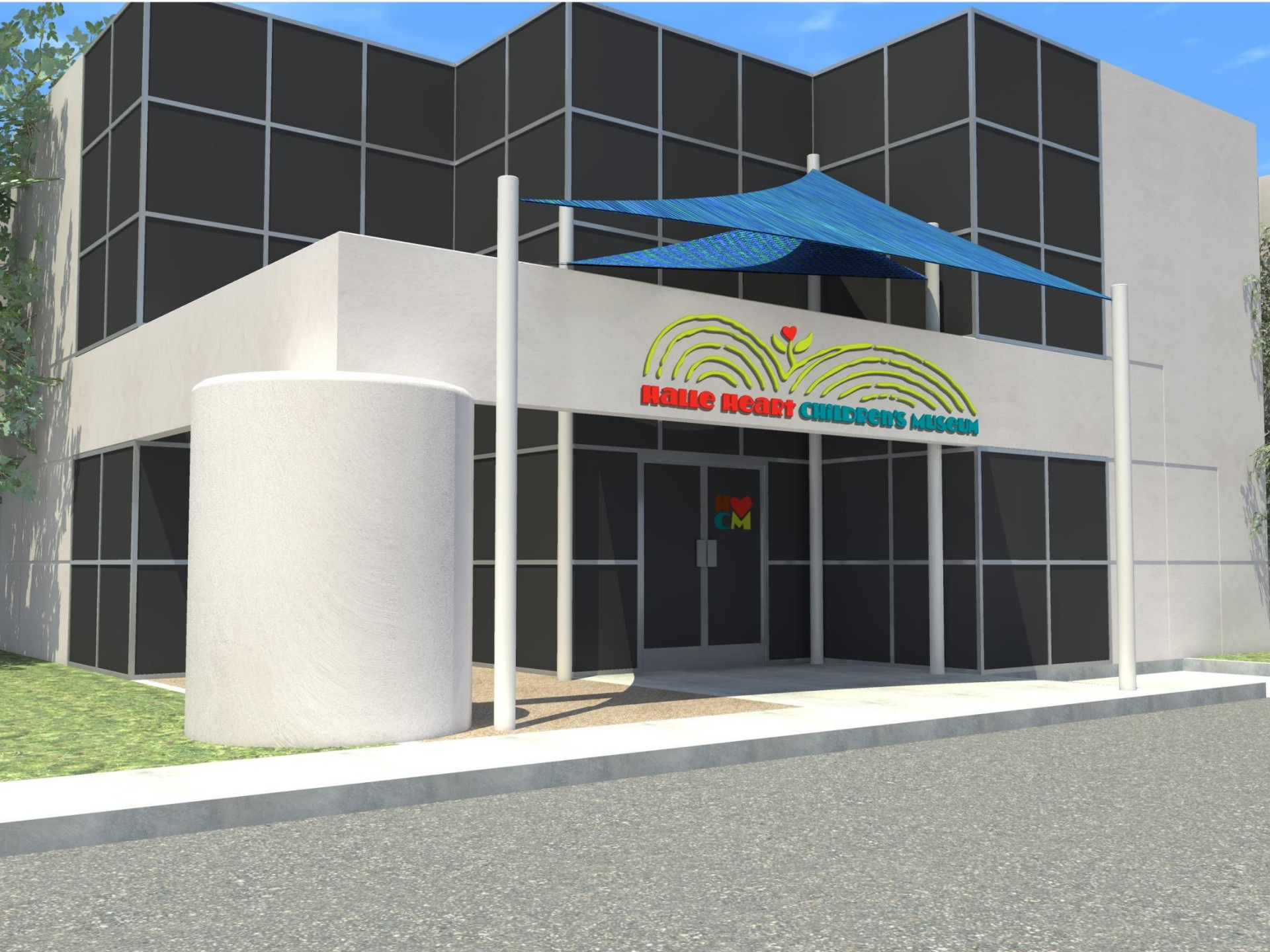
The original Halle Heart Center was a learning center envisioned in the 1990's by a notable group of community leaders including Diane and Bruce Halle, Founder and Chairman of Discount Tire. The Halle Heart Center was designed to be an extension of the classroom - a learning center where students from around the Valley would come to learn how to live a heart-healthy life through three guiding principles …

- ♥ Eat a balanced diet!
- ♥ Make exercise part of your daily routine!
- ♥ Never use tobacco or start smoking!

From 1996 - 2010, the former Halle Heart Center educated nearly 450,000 students, teachers and parents throughout Arizona through private school tours and set the stage for the dynamic environment ahead.

Halle Heart Children's Museum

In 2010, through the generous support of countless community supporters, a capitol campaign was launched to renovate the nearly 16,000 sq. ft. Halle Heart Center into the extraordinary, educational, interactive adventure that operates today.


Halle Heart Children's Museum


Benefits of Exercise
The Beat Goes On


TAKE ACTION
WARNING SIGNS
TAKE CARE OF YOURSELF
EAT WELL
BE A HERO
CALL 911
TAKE CARE OF YOURSELF
EAT WELL
CALL 9-1-1
FIRE, POLICE OR AMBULANCE
Here's how:
1
2
3
4

Where Have You Been All My life?

Schools the

Halle Heart
Children's Museum

18 AZ State Standards for Health, Science and Physical Education

18 AZ State Standards for Health, Science and Physical Education

After the renovation, however it was more and more evident that this beautiful community resource was not being utilized to its full potential, therefore my team and I set out to expand its use through two categories…

RIBBON CUTTING

Toddler Test Kitchen

Baby Bloom NUTRITION

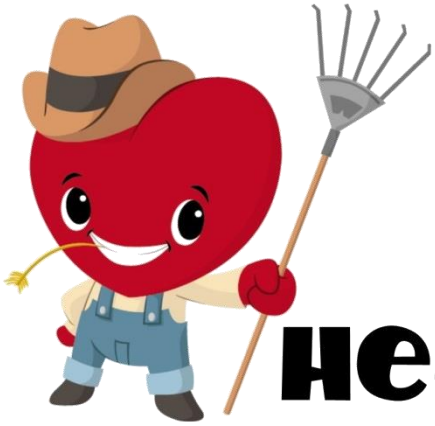
PRENATAL NUTRITION • BREASTFEEDING NUTRITION • COLIC & FUSSINESS • INITIAL FOOD INTRODUCTION

Age Appropriate Hands-on Cooking Class Designed to Encourage Healthy and Helpful Eating at an Early Age!

Each Class includes a hands-on recipe and activity!


9-11 ACTION THEATER
PRESENTED BY
HAVEN CHARITABLE
FOUNDATION
Little Rhythms
Children's Music Development Class
Learn. Sing. Craft. Play.
www.MyLittleRhythms.com

Weekdays



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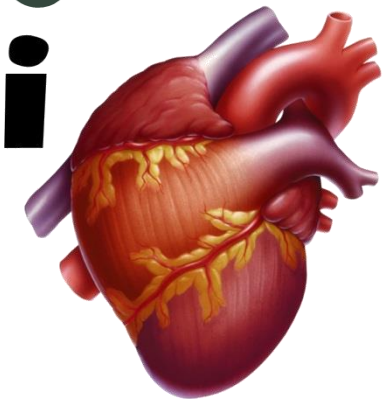

Health!!

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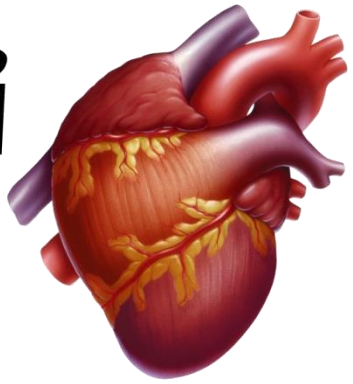
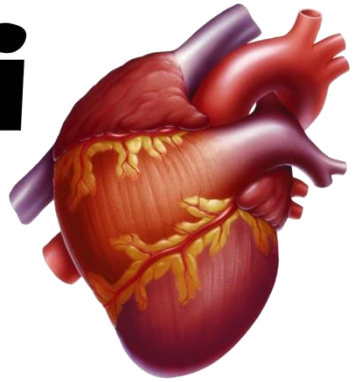


Art !!

i



Upbeat Activity!!

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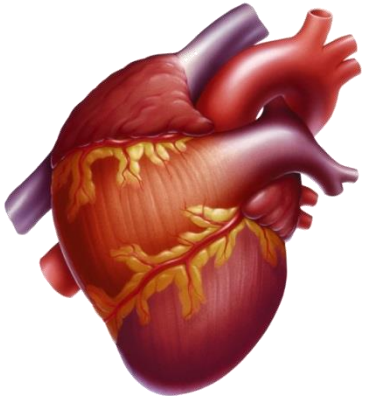
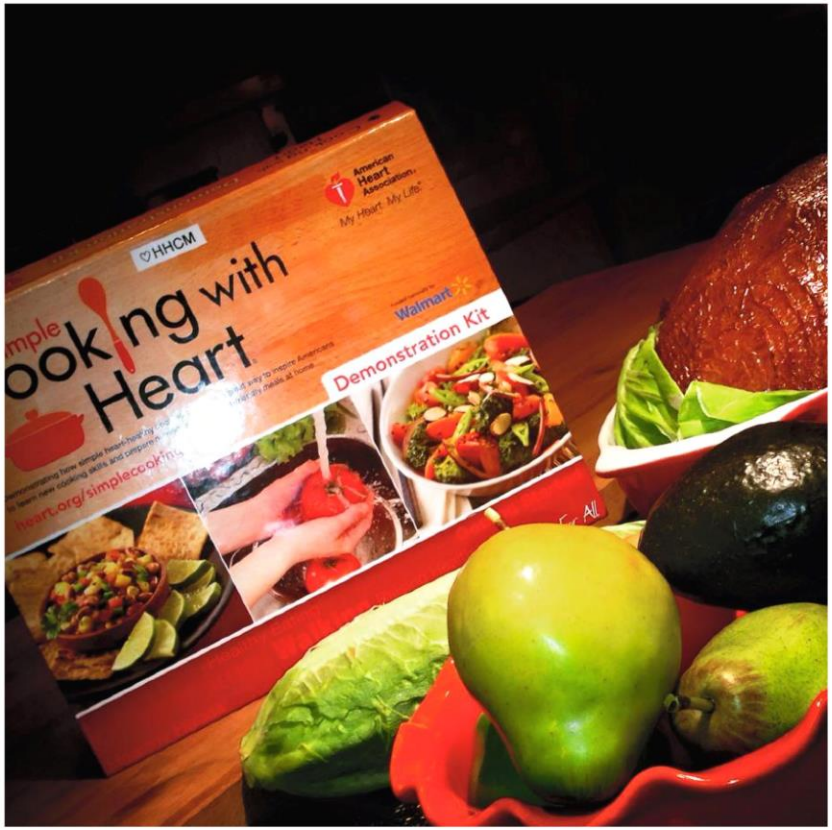


Science!!



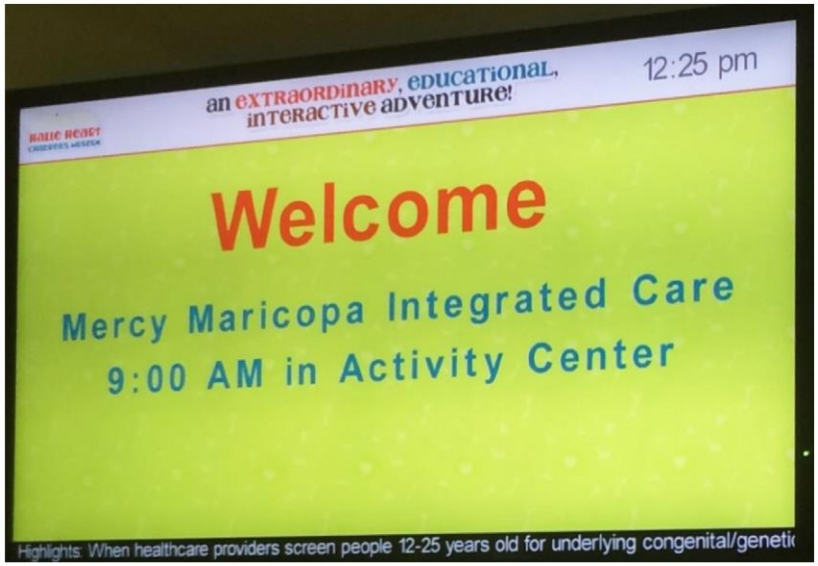
Simple Cooking with Heart


CALL 911
CALL 911
LITTLE RHYTHMS® PRESENTS
GET MOVING!

VIDEO GAME OLYMPICS

Featuring the power of Xbox® and Kinect®!


EVENT OPEN HOUSE
Halle Heart
Children's Museum



Events are SPECTACULAR at the Halle Heart Children's Museum

American Heart Association | American Stroke Association

Halle Heart Children's Museum

Speaking Engagements

Birthday Parties

Events are SPECTACULAR at the Halle Heart Children's Museum

American Heart Association | American Stroke Association

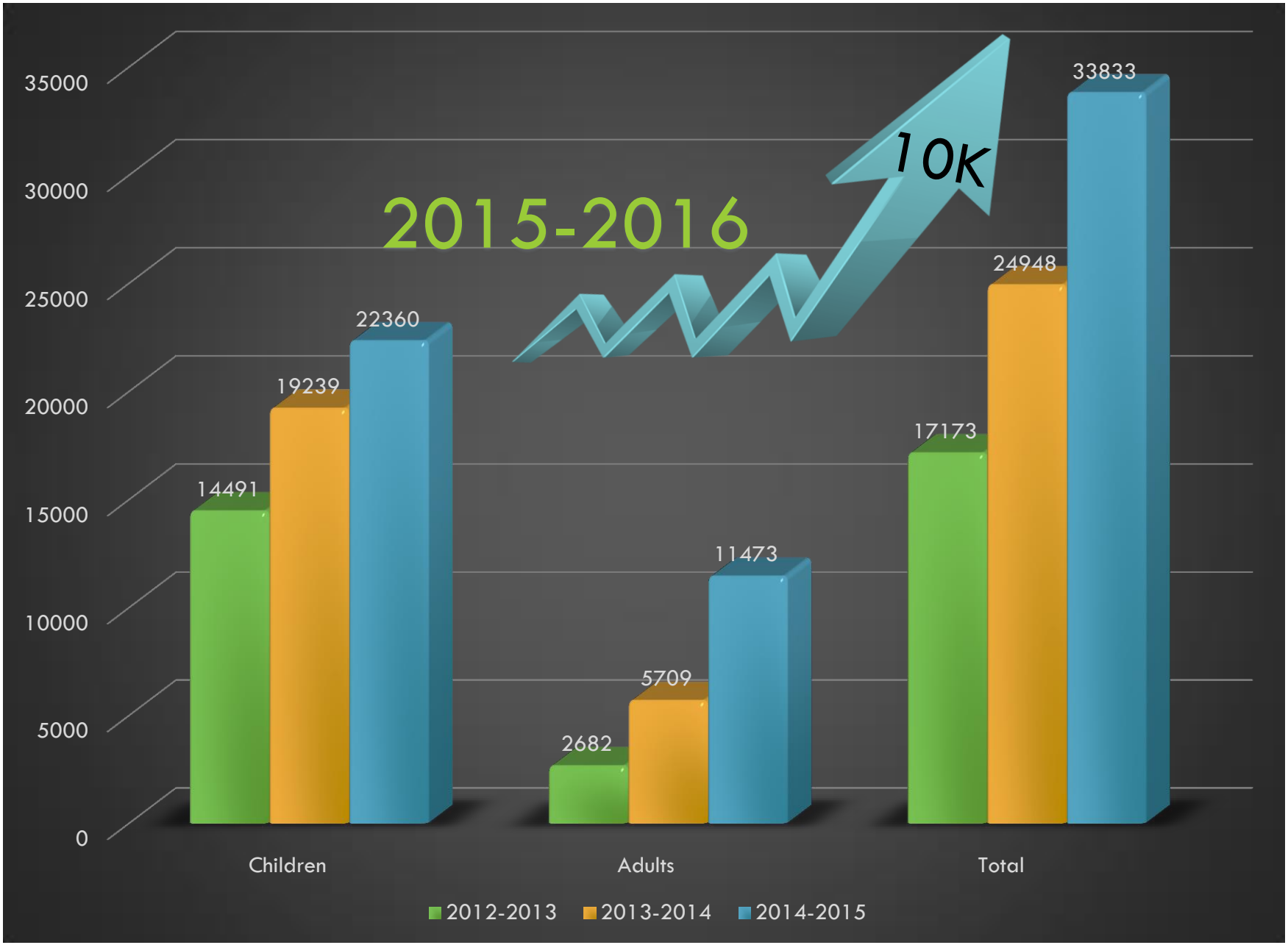
Halle Heart Children's Museum

Cocktail Receptions

Events are SPECTACULAR at the Halle Heart Children's Museum

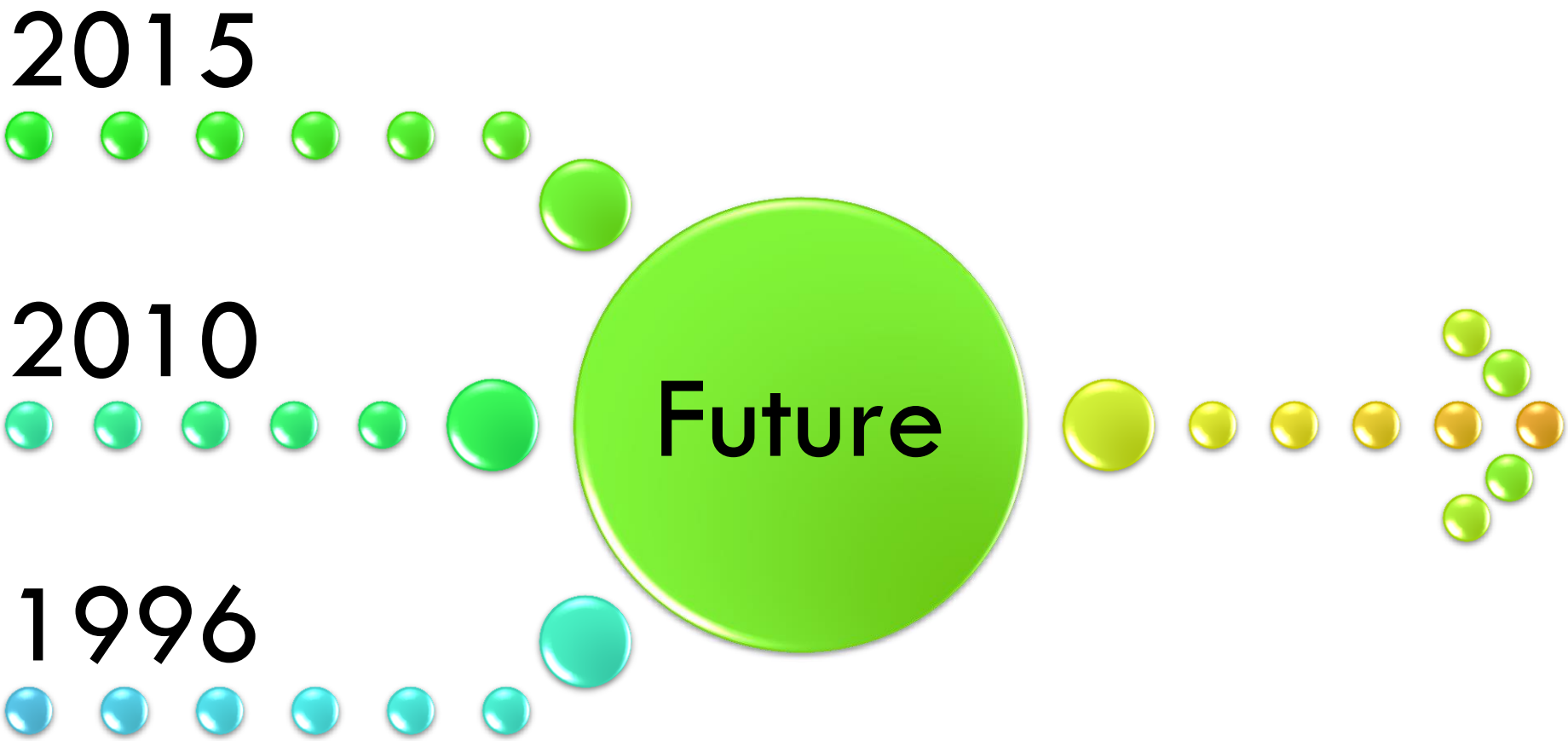
American Heart Association | American Stroke Association

Halle Heart Children's Museum

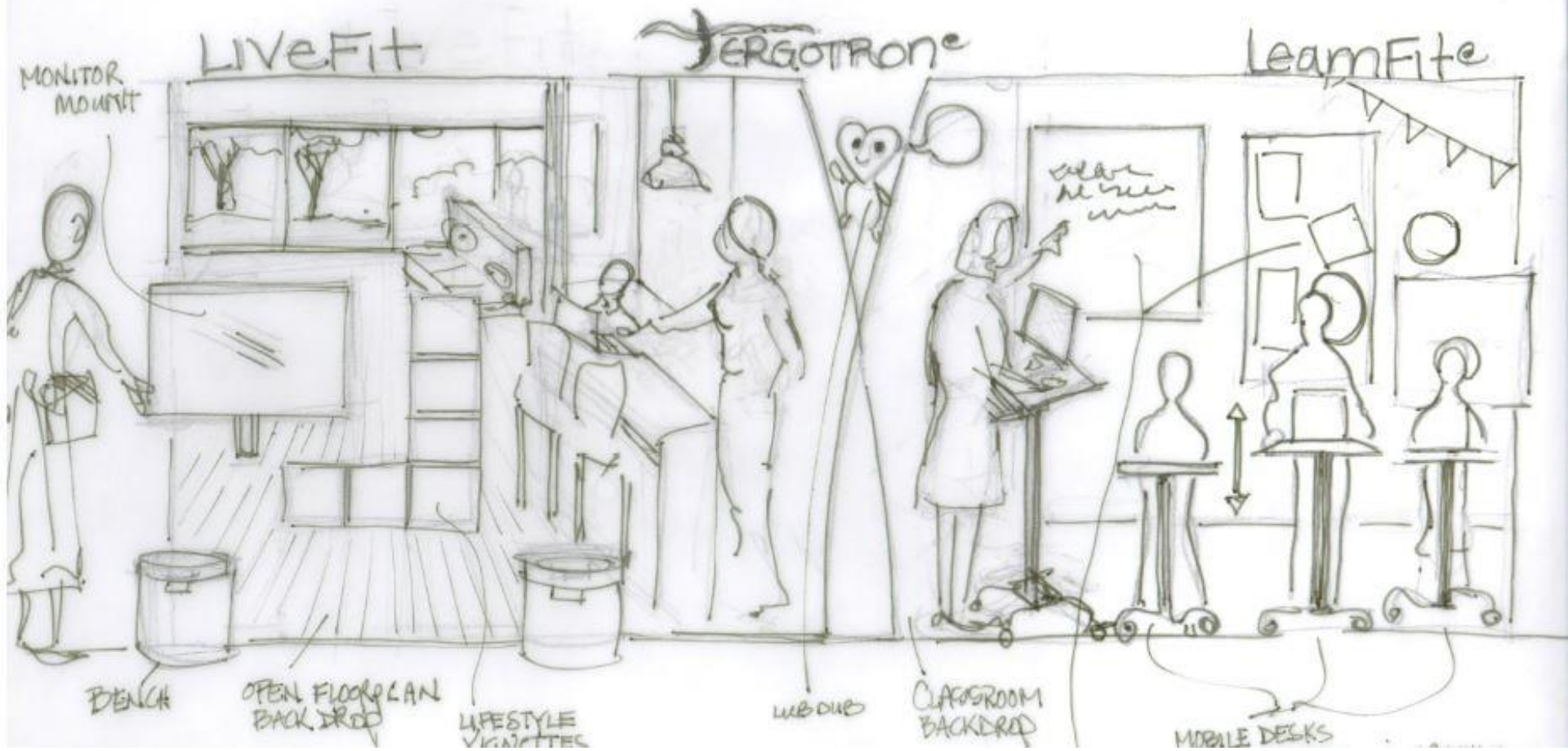

35000
30000
25000
20000
15000
10000
5000
0
2015-2016
10K
14491
19239
22360
2682
5709
11473
17173
24948
33833
Children
Adults
Total
2012-2013
2013-2014
2014-2015

American Heart Association | American Stroke Association
life is why™

Halle Heart Children's Museum



We continue to grow…



… in engaging ways


Welcome!

Coming up next

Guest Speaker: Teresa Minarsich

CHILDSPLAY

THEATRE

Theatre and Kinesthetic Learning:
A Gym for Empathy

CHILDSPLAY

40 Years of Imagination & Wonder

Educational Programming

- In-School Classroom residencies
- After-School programs
- Childsplay Academy
- Professional Development for Educators
- EYEPlay (Early Years Educators at Play)

Learning and Imitation

Early Years Educators at Play (EYEPlay)

What students learn

"I hear, and I forget; I see, and I remember;
I do, and I understand"

~ Derek Williams and the Nuffield Foundation

- Story Comprehension
- Vocabulary development
- Long-term retention

"The children are acting it out, taking ownership and dissecting the book, using all of their senses. I see it carried out in their play during the rest of the day. Comprehension is really, really high and the parents are sharing that. The kids are going home and talking about it. The parents will be in the classroom and look at the books and say, 'ohhh, that is the story that they were talking about.'" – *PreK Teacher*

Literacy and Beyond

"One of our goals with ELL children to increase their expressive language skills-how much vocabulary they use-how much they can talk to us. All of a sudden we get all of these answers from these kids. Kids who usually don't talk were all involved!" ~ PreK Teacher

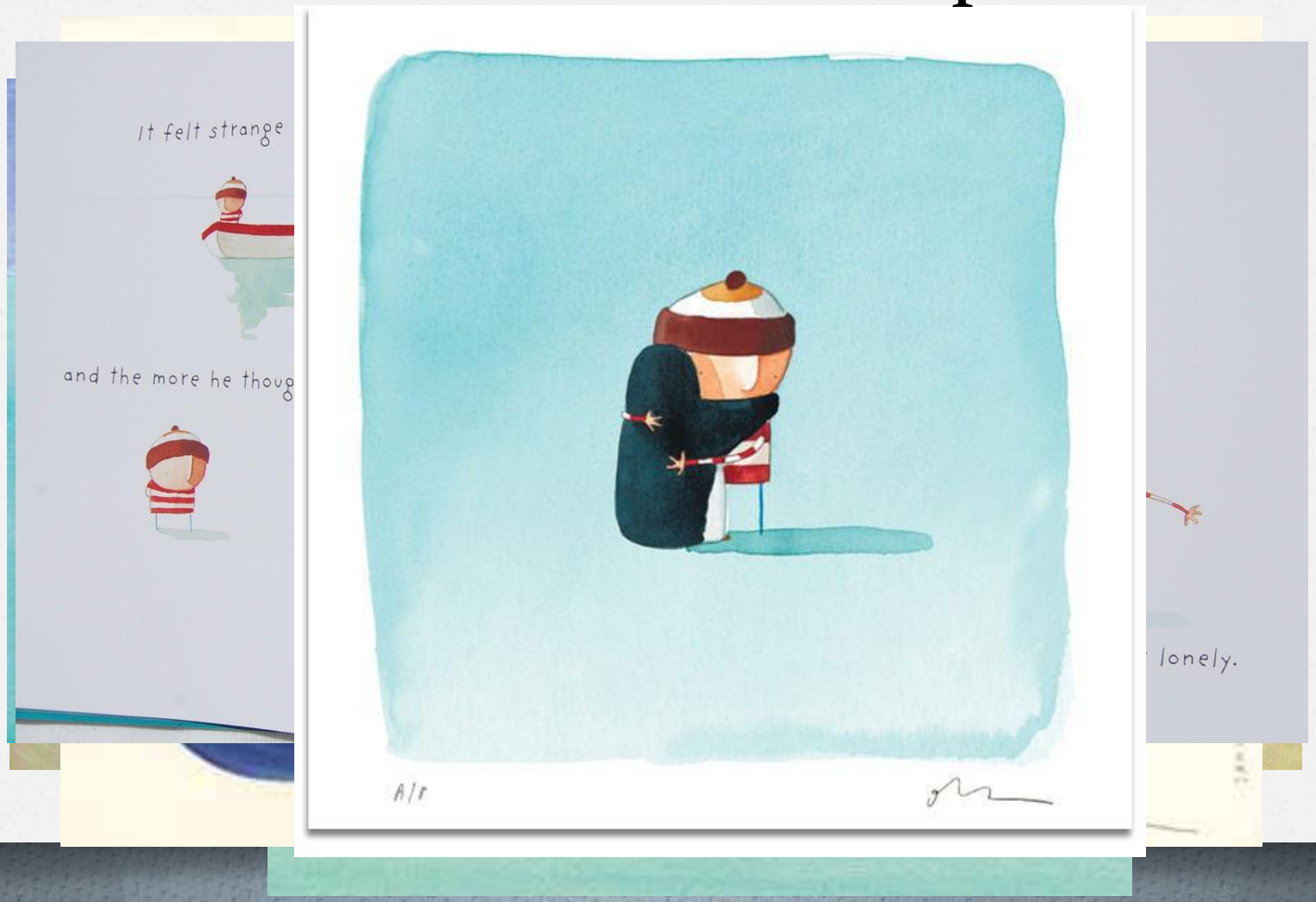
"We have a boy who is developmentally slower than the rest and we can see he is making connections through the pantomime and through using expressive language-so we know that he is really getting it through his receptive and expressive language-he is not just regurgitating-he is also coming up with his own ideas." ~ PreK Teacher

Gym for Empathy

"Theater is like a gym for empathy. It's where we can go to build up the muscles of compassion, to practice listening and understanding and engaging with people that are not just like ourselves. We practice paying attention and learning from other people's actions. We practice caring."

~ *HowTheatre for Young People Can Save the World* by Laura Gunderson

Emotions Found and Expressed



Social-Emotional Skill Building (or Real Life Practice)

Most of the stories have had a problem-and we've had to solve the problem. The other day one of my students, when there is something going on in the classroom said, 'Oh my gosh, just a minute, there is a problem—very dramatically.' And so she gets their attention but also we solve them. It is not just coming to me or the other teacher, its ok we have to solve it and I believe that the drama has definitely helped with that." ~ PreK Teacher

Coming up next

Guest Speaker: Tina Wegner

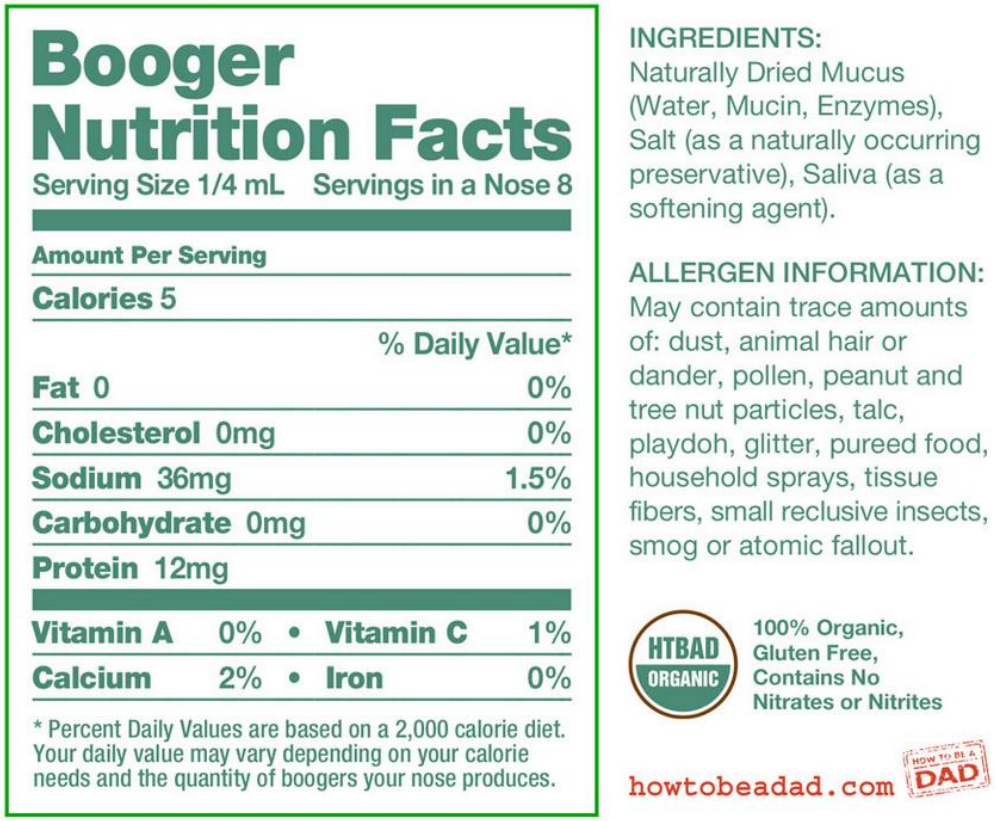
Get the Facts, Read the Label

Tina Wegner, R.D.

Maricopa County Department of Public Health

Get the Facts, Read the Label

- **We are working with young kids…**



Booger Nutrition Facts

Serving Size 1/4 mL Servings in a Nose 8

Amount Per Serving	
Calories 5	
	% Daily Value*
Fat 0	0%
Cholesterol 0mg	0%
Sodium 36mg	1.5%
Carbohydrate 0mg	0%
Protein 12mg	
Vitamin A 0% • **Vitamin C**	1%
Calcium 2% • **Iron**	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may vary depending on your calorie needs and the quantity of boogers your nose produces.

INGREDIENTS:
Naturally Dried Mucus (Water, Mucin, Enzymes), Salt (as a naturally occurring preservative), Saliva (as a softening agent).

ALLERGEN INFORMATION:
May contain trace amounts of: dust, animal hair or dander, pollen, peanut and tree nut particles, talc, playdoh, glitter, pureed food, household sprays, tissue fibers, small reclusive insects, smog or atomic fallout.

HTBAD ORGANIC

100% Organic, Gluten Free, Contains No Nitrates or Nitrites

howtobeadad.com HOW TO BE A DAD

Get the Facts, Read the Label

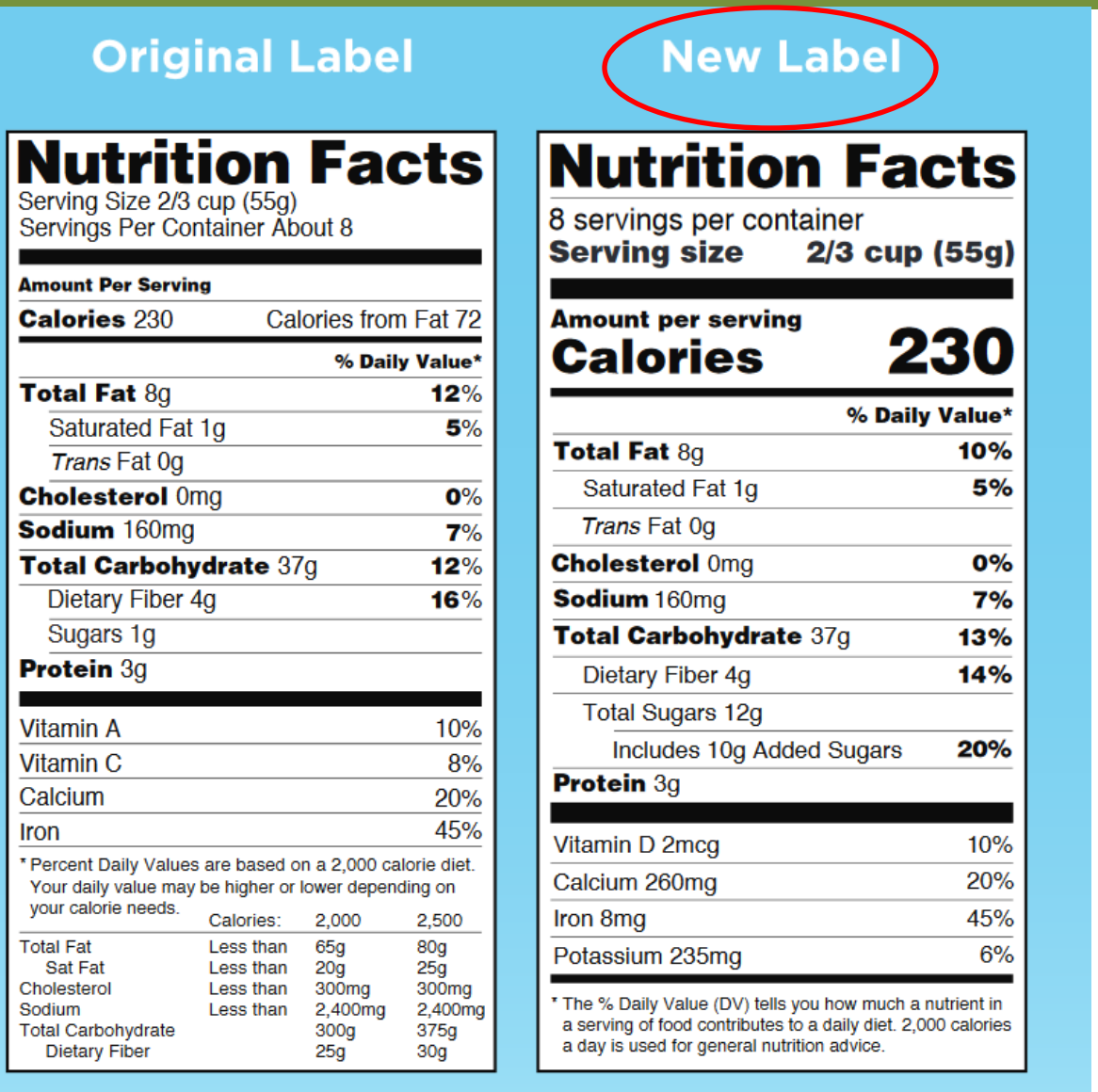
We have a new nutrition facts label!

- FDA finalized a new label May 20, 2016
- “make it easier for consumers to make better food choices”
- Good tool for food purchasing and for personal use

POP QUIZ!

How long has it been without a change to the nutrition facts label?

Get the Facts, Read the Label



Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

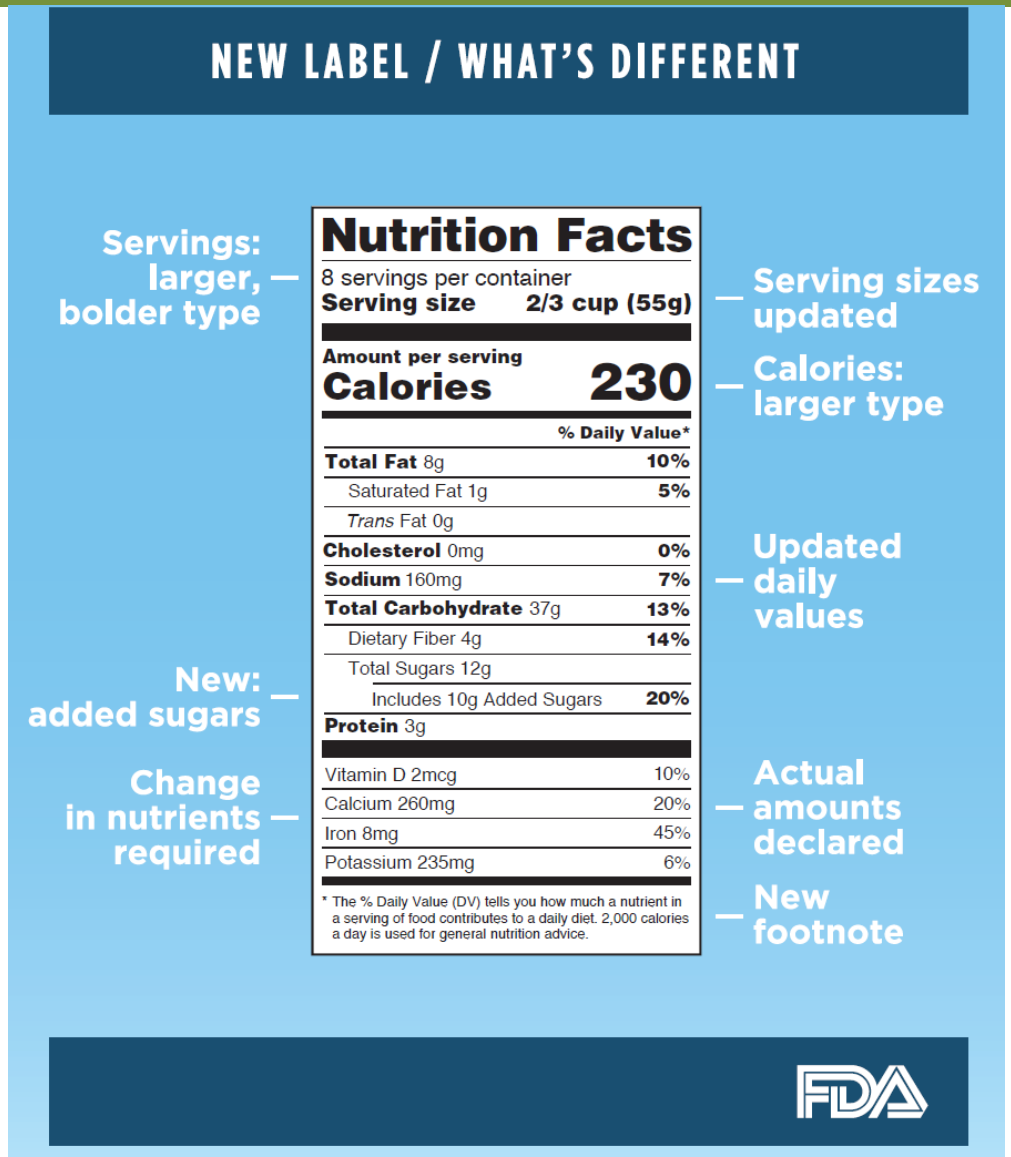
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Get the Facts, Read the Label



POP QUIZ!

How many servings are in this 20 oz. soda?

Get the Facts, Read the Label

Get the Facts, Read the Label

Nutrition Facts

2 servings per container

Serving size 1 cup (255g)

	Per 1 cup		Per container	
Calories	**220**		**440**	
	% DV*		**% DV***	
Total Fat	**8%**	5g	**15%**	10g
Saturated Fat	**10%**	2g	**20%**	4g
Trans Fat		0g		0g
Cholesterol	**5%**	15mg	**10%**	30mg
Sodium	**10%**	240mg	**21%**	480mg
Total Carbs	**12%**	35g	**23%**	70g
Dietary Fiber	**21%**	6g	**43%**	12g
Sugars		7g		14g
Added Sugars		4g		8g
Protein		9g		18g
Vitamin D	25%	5mcg	50%	10mcg
Calcium	15%	200mg	30%	400mg
Iron	6%	1mg	10%	2mg
Potassium	10%	470mg	20%	940mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Nutrition Facts

12 servings per container

Serving size 1/2 Muffin (114g)

	Per 1/2 muffin		Per 1 muffin	
Calories	**380**		**760**	
	% DV*		**% DV***	
Total Fat	**25%**	16g	**50%**	32g
Saturated Fat	**15%**	3g	**30%**	6g
Trans Fat		0g		0g
Cholesterol	**17%**	50mg	**33%**	100mg
Sodium	**21%**	480mg	**42%**	960mg
Total Carbs	**19%**	56g	**37%**	112g
Dietary Fiber	**7%**	2g	**14%**	4g
Sugars		32g		64g
Added Sugars		30g		60g
Protein		3g		6g
Vitamin D	0%	0.1mcg	2%	0.2mcg
Calcium	4%	40mg	6%	80mg
Iron	10%	2mg	20%	4mg
Potassium	4%	190mg	8%	380mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Get the Facts, Read the Label

WHEN?

- By July 26, 2018
- Those with less than $10 million in annual sales = July 2019

What the heck – 2018??

Get the Facts, Read the Label

- **What can I do now?**

READ IT *before you EAT IT!*

How many servings are you eating?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	2%
Calcium	20%	• Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? *Answer below.**

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

What's the Best Choice for You?

*Use the **5%-20% Guide to Daily Values** to choose foods.*

***Answer:**
Box of macaroni and cheese.

How do your choices stack up? The photos show approximate serving sizes from the five major food groups of the Food Guide Pyramid. This combination of food choices shows the servings from the Pyramid for an older child, a teen girl, an active woman, and most men, for one day. Teen boys and active men may need more servings of food.

www.fns.usda.gov/tn

Tina Wegner, R.D.

Maricopa County Department of Public Health

602-506-9334

tinawegner@mail.maricopa.gov

What's Happening Next?

Resource & Partner Fair (Exhibitors)
Mesa Rooms
11:30 am – 12:35 pm

Lunch Pick-Up
Main Hall
12:35 pm – 12:45 pm

We will have a working lunch today. Therefore, after picking up your lunch from the Main Hall, please return to the Palo Verde. **The afternoon presentations will begin at 12:45pm**

Coming up next

New CACFP Meal Pattern

NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

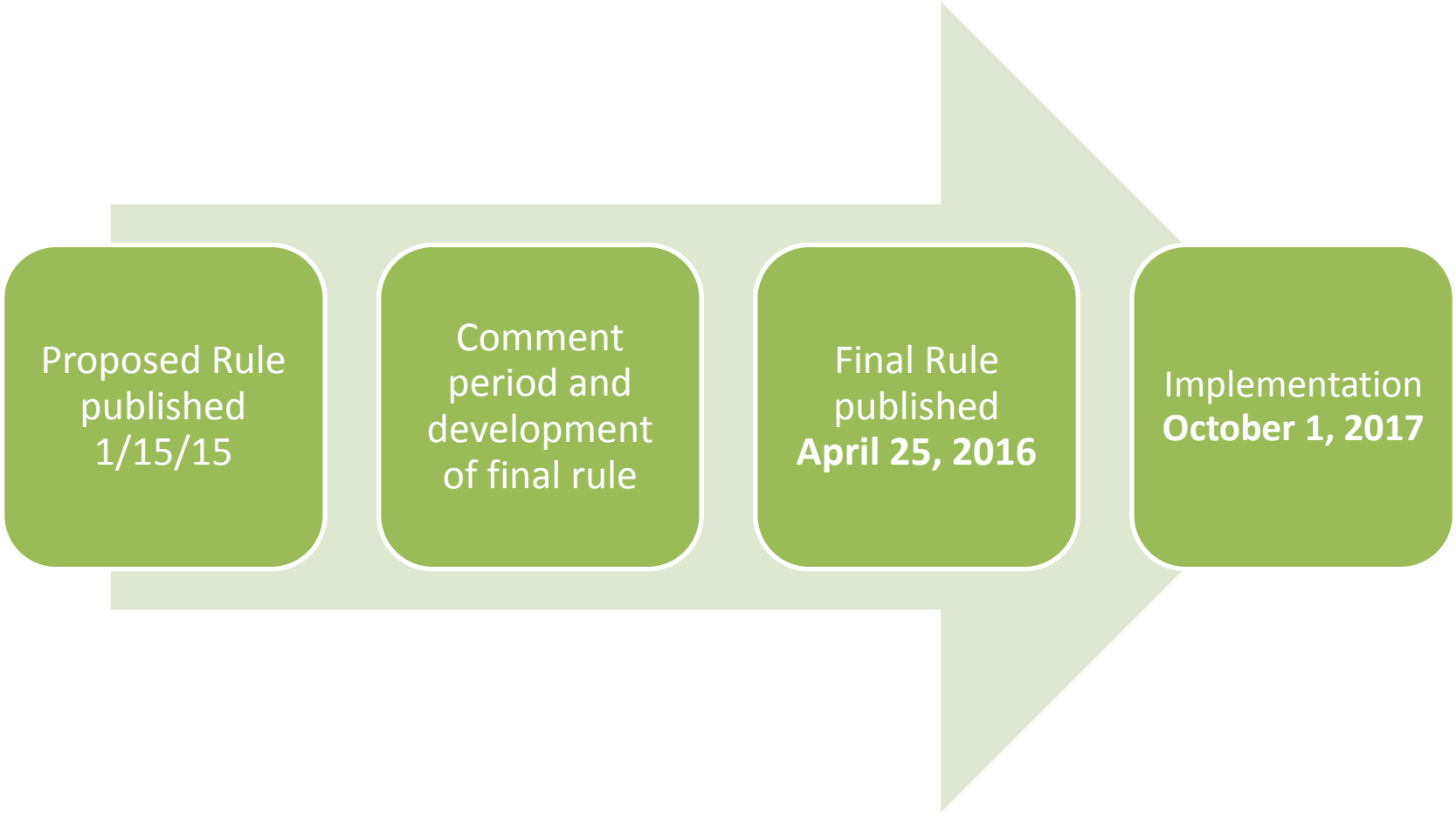
USDA Food & Nutrition Service

Child Nutrition Programs

Agenda

- Infant meal pattern
- Child and adult meal pattern
- Best practices

Regulation Process



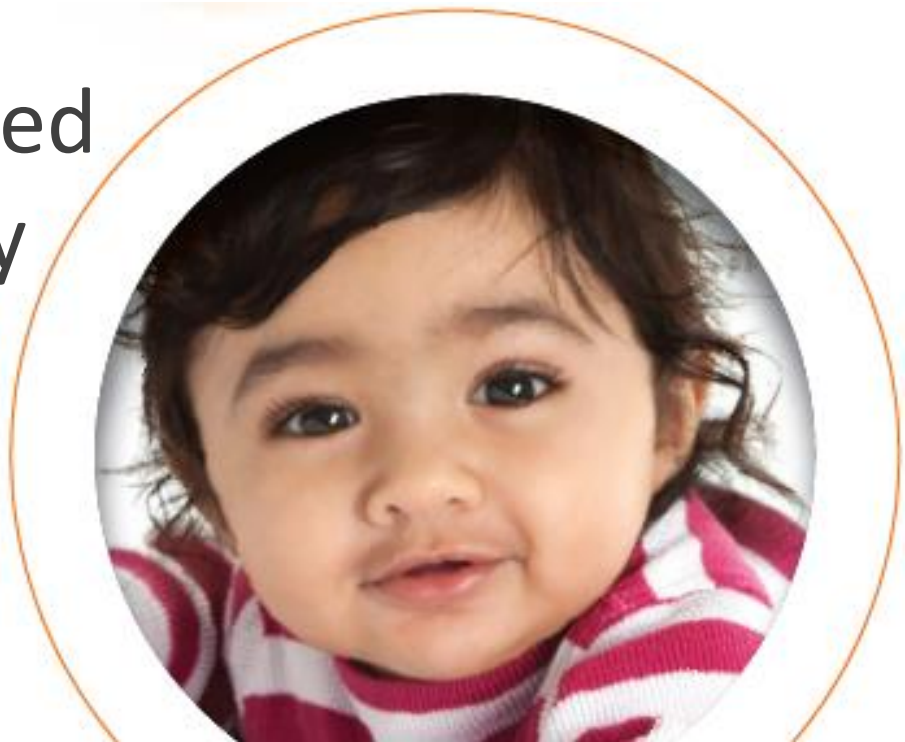
NEW INFANT MEAL PATTERN

Infant Age Groups and Solid Foods

- Two age groups:

0-5 months and 6-11 months

- Solid foods are allowed when developmentally appropriate for the infant



Gradual Introduction of Solid Foods

	Old			New	
	0-3 months	**4-7 months**	**8-11 months**	**0-5 months**	**6-11 months**
Breakfast Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*

Breastfeeding and Infant Snack

- Meals may be reimbursed when a mother breastfeeds on-site
- A vegetable or fruit must be served at snack for older infants; prohibits juice
- Ready-to-eat cereals are allowed at snack for older infants

Meat and Meat Alternates

- Allows cheese, cottage cheese, and yogurt
- Whole eggs

NEW CHILD AND ADULT MEAL PATTERNS

Age Groups

Vegetables and Fruit

- Vegetables and fruit are no longer 1 single component

Vegetables and Fruit

- Allows two vegetables at lunch and supper

Vegetables and Fruit

- USDA limits juice to once per day
- ADE limits juice to twice per week

Grains

- Requires at least one grain per day be **whole grain-rich**

Whole Grain-Rich

- Whole grain-rich = foods that contain **at least 50% whole grains** and the rest are enriched, or contain **100% whole grains**

What is Whole Grain Rich?

Nutrition Facts

Serving Size 1 Slice (26g)
Servings Per Container 26

Calories 70
Calories from Fat 10

Amount/Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%

Amount/Serving	%Daily Value*
Sodium 140mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0.5g	2%
Sugars 2g	
Protein 2g	

Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 4%
Thiamine 8% • Riboflavin 4% • Niacin 6% • Folate 6%

*Percent Daily Values are based
calorie diet. Your daily values m
or lower depending on your calo

	Calories:	2,00
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300
Sodium	Less than	2,4
Total Carbohydrate		300
Dietary Fiber		25g

A 26g serving of enriched bread contains 21mg of calcium; Wonder calcium fortified enriched bread contains 78mg of calcium.

INGREDIENTS: ENRICHED WHEAT FLOUR [FLOUR, BARLEY MALT, FERROUS SULFATE (IRON), "B" VITAMINS (NIACIN, THIAMINE MONONITRATE (B1), RIBOFL
ACID)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST. CONTAINS 2% OR LESS OF: SALT, SOYBEAN OIL, DOUGH CONDITIONERS (SODIUM STEAROYL LACT
DIOXIDE, CALCIUM IODATE), CALCIUM SULFATE*, MONO AND DIGLYCERIDES, DATEM, SOY FLOUR, DIAMMONIUM PHOSPHATE, DICALCIUM PHOSPHATE,
(AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, ENZYMES, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), SOY FIBER, GUAR GUM, CELLULOSE GU
IN EXCESS OF AMOUNT PRESENT IN REGULAR ENRICHED WHITE BREAD.

What is Whole Grain Rich?

Nutrition Facts

Serving Size: 2 slices (43g)
Servings per container: 10

Calories 110
Calories from Fat 20

Amount/Serving	%Daily Value**	Amount/Serving	%Daily Value**
Total Fat 2g	3%	**Sodium** 180mg	8%
Saturated Fat 0g	0%	**Total Carbohydrate** 18g	6%
Polyunsaturated Fat 0.5g		Dietary Fiber 3g	12%
Monounsaturated Fat 0.5g		Sugars 1g	
Cholesterol 0mg	0%	**Protein** 5g	

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 6%
Thiamine 6% • Riboflavin 4% • Niacin 8% • Folate 4%

*Contains less than 2 percent of the daily value for these nutrients.
**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending upon your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

MADE WITH WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, MOLASSES, YEAST, MONO AND DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM IODATE, CALCIUM DIOXIDE), DATEM, CALCIUM SULFATE, VINEGAR, YEAST NUTRIENT (AMMOINUM SULFATE), EXTRACTS OF MALTED BARLEY AND CORN, DICALCIUM PHOSPHATE, DIAMMONIUM PHOSPHATE, CALCIUM PROPIONATE (TO RETAIN FRESHNESS).

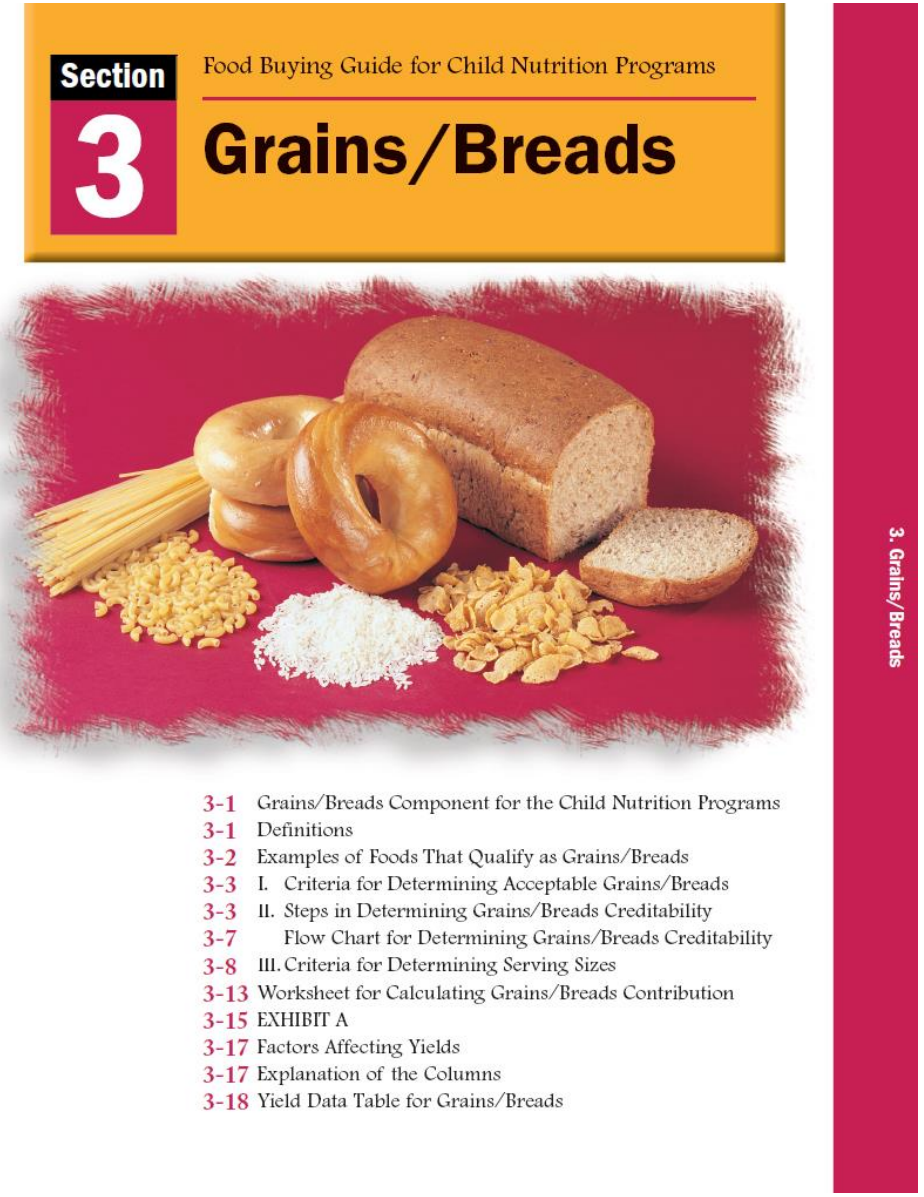
122420*

Grains

- Breakfast cereals must contain **no more than 6 grams of sugar** per dry ounce

Grains

- Disallows grain-based desserts



Section 3

Food Buying Guide for Child Nutrition Programs

Grains/Breads

Meat and Meat Alternates

- May substitute the **ENTIRE** grains component at breakfast a **maximum of three times per week**
- Allows tofu

Meat and Meat Alternates

- Yogurt must contain **no more than 23 grams of sugar** per 6 ounces

Fluid Milk – Implemented in 2011

- **1 year old children:** whole, unflavored milk
- **2 year olds and older and adults:** low-fat or fat-free milk
- Non-dairy beverages

Flavored Milk

Children 0 through 5 years old

- Prohibits flavored milk

Children 6 years old and older and adults

- Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces

Food Preparation

- **Deep-fat frying** = cooking by submerging in hot oil or other fat

Additional Provisions

- Use of food and beverage for reward or punishment
- Offer and make water available
- Parent/guardian provided components
- Family style meals
- Offer vs. Serve

BEST PRACTICES

Best Practice: Infants

- **Support mothers who choose to breastfeed** their infants by encouraging mothers to supply breastmilk for their infants while in day care and **offer a quiet, private area that is comfortable and sanitary** for mothers who come to the center or day care home to breastfeed (Modified)

Best Practices: Vegetables and Fruit

- Make at least one of the two components of snack a vegetable or a fruit
- **Serve a variety** of fruits and choose whole fresh fruits more often than canned, frozen or juice

Best Practices: Grains

- Provide at least **two servings** of whole grain-rich grains per day

Best Practices: Meat/Meat Alternates

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and **choose low-fat or reduced-fat** cheese (Modified)

Best Practices: Milk

- **Serve only unflavored milk**. If flavored milk is served to children 6 years old and older, or adults, select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces.

Additional Best Practices

- Incorporate **seasonal and locally** produced foods
- Limit **purchased pre-fried** foods
- Avoid non-creditable foods that **sources of added sugars**

Questions?

Coming up next

Guest Speaker: Thalia Williams

DRUGFREEAZKIDS.org

A Program of Southwest Behavioral & Health Services

AZ Parents Connect

Thank you CACFP!

1. Why you need to connect

2. Why kids use drugs & alcohol

3. What are the current trends

4. What you can do

The Reality

Your child is exposed to drugs

AVERAGE AGE

13

FIRST TIME DRUG USE

The Reality

Kids whose parents have talked to them about the dangers of drugs & alcohol are

UP TO 50% LESS LIKELY TO USE

Why do kids use?

Perception of risk

Social approval

Thrill seeking

To deal with problems

In their minds...

The human brain is not completely developed until the age of 25.

The part of the brain responsible for judgment and foresight is the <u>last</u> part to develop.

In their worlds…

SCHOOL Pressures **DATING**

Transitions **FRIENDS** Family







Special Vulnerabilities

- Family history
- Close friends who use drugs or alcohol
- Early first-time use
- Diagnosed or undiagnosed mental health disorders & learning disabilities
- Academic & social challenges

Trends in Substance Abuse

Alcohol

Medicine

Marijuana

Trends in Substance Abuse

Alcohol

Underage Drinking Today

Alcohol

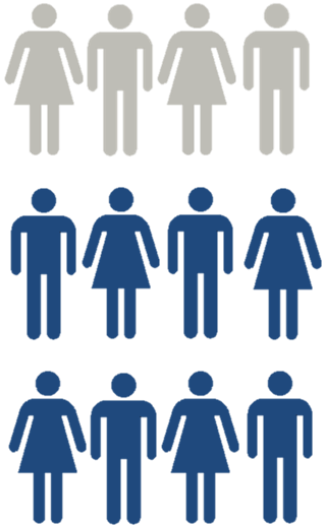
- **Binge drinking**
- **Mixing alcohol with meds & energy drinks**
- **Social media**
- **15% of teen drinkers say:**
  "It is a habit; I cant stop."[1]

Consumption

Alcohol

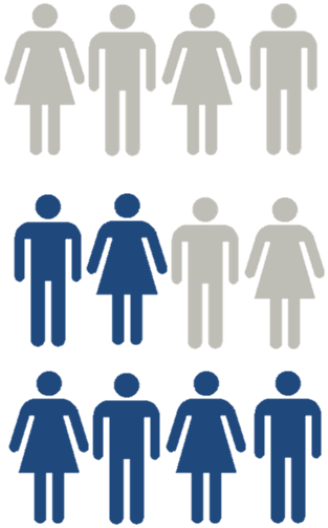
32%

8th Grade



53%

10th Grade



67%

12th Grade

Has consumed alcohol

Has not consumed alcohol

Short-Term Effects

Alcohol

- **Dizziness, slurred speech, disturbed sleep, nausea & vomiting**
- **Impaired judgment**
  (Increased likelihood to engage in other risky behavior)

- **Lack of coordination**
  (Higher risk for car accidents and unintentional injuries to self or others)

Long-Term Effects

Alcohol

- **Malnutrition**
- **Permanent damage to vital organs**
  (heart, liver, kidneys)
- **Weakened immune system**
- **High blood pressure**
- **Brain Damage**

Trends in Substance Abuse

Medicine Abuse

Which Kids Are Expendable?

Medicine

?

Used prescription drugs to get high

Did not use

Which Kids Are Expendable?

Medicine

8th GRADE

9.3%

Used prescription drugs to get high

Did not use

Which Kids Are Expendable?

Medicine

10th GRADE

15%

Used prescription drugs to get high

Did not use

Which Kids Are Expendable?

Medicine

12th GRADE

18.7%

Used prescription drugs to get high

Did not use

Sedatives

Medicine

Amytal

Nembutal

Valium

Xanax

Lunesta

Ambien

⚠ EFFECTS & RISKS

Sedation, drowsiness, impaired coordination and memory, slowed breathing, withdrawal.

Pain Killers

Medicine

Codeine

Morphine

Oxycontin

Percocet

Vicodin

Demorol

⚠ EFFECTS & RISKS

Euphoria, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, slowed breathing, lowered pulse and blood pressure

Stimulants

Medicine

Adderall

Dexedrine

Concerta

Ritalin

⚠ EFFECTS & RISKS

Increased energy, mental alertness, increased heart rate, reduced appetite, nervousness, insomnia, seizures, stroke

Youth Perceptions Medicine

“Sanitized”

“Sanctioned”

“Safe”

Safeguard

Medicine

Trends in Substance Abuse

Marijuana

Methods of Abuse

Marijuana

Butane Hash Oil
"Dabbing"

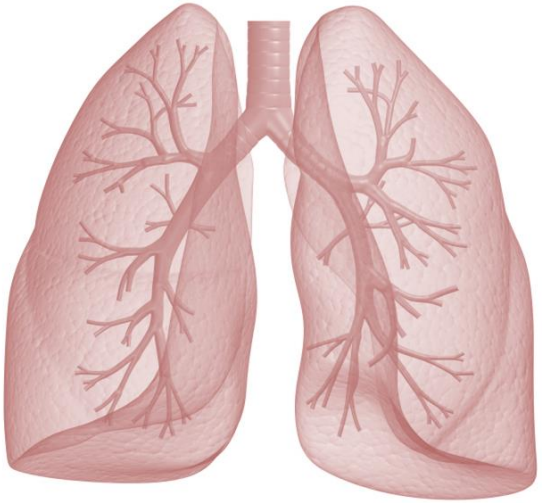
Marijuana

NORML, a marijuana advocacy group:

"The dangers are dire enough to merit a special warning."

Health Impact

Marijuana



School Impact

Marijuana

Youth using marijuana daily before age 17 are over 60%

less likely

to complete high school or obtain a degree compared to those who have never used the drug.

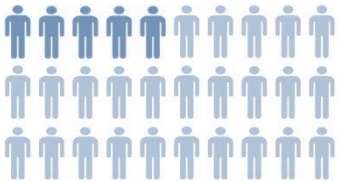
Addiction

Marijuana

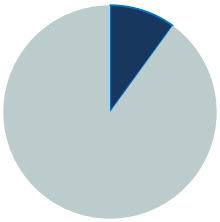
1 IN 11

1 in 11 marijuana users will become addicted

Daily users: 25% - 50%



Higher for those who start in their **teen** years (1 in 6)



90% of addictions begin before adulthood

Marijuana

14% **of AZ teens using pot report getting their marijuana from someone with a medical marijuana card**

Marijuana

WARNING:

Possessing marijuana may be in violation of local, state or federal laws. Possession of this card does not provide legal protection. Marijuana use can be addictive and can impair an individual's ability to drive a motor vehicle or operate heavy machinery. Marijuana smoke contains carcinogens and can lead to an increased risk of severe health problems.

KEEP MARIJUANA OUT OF REACH OF CHILDREN AND ANY UNAUTHORIZED INDIVIDUAL.

Call poison control 1-800-222-1222 with concerns.

Arizona Department of Health Services | Will Humble, Director | www.azhealth.gov

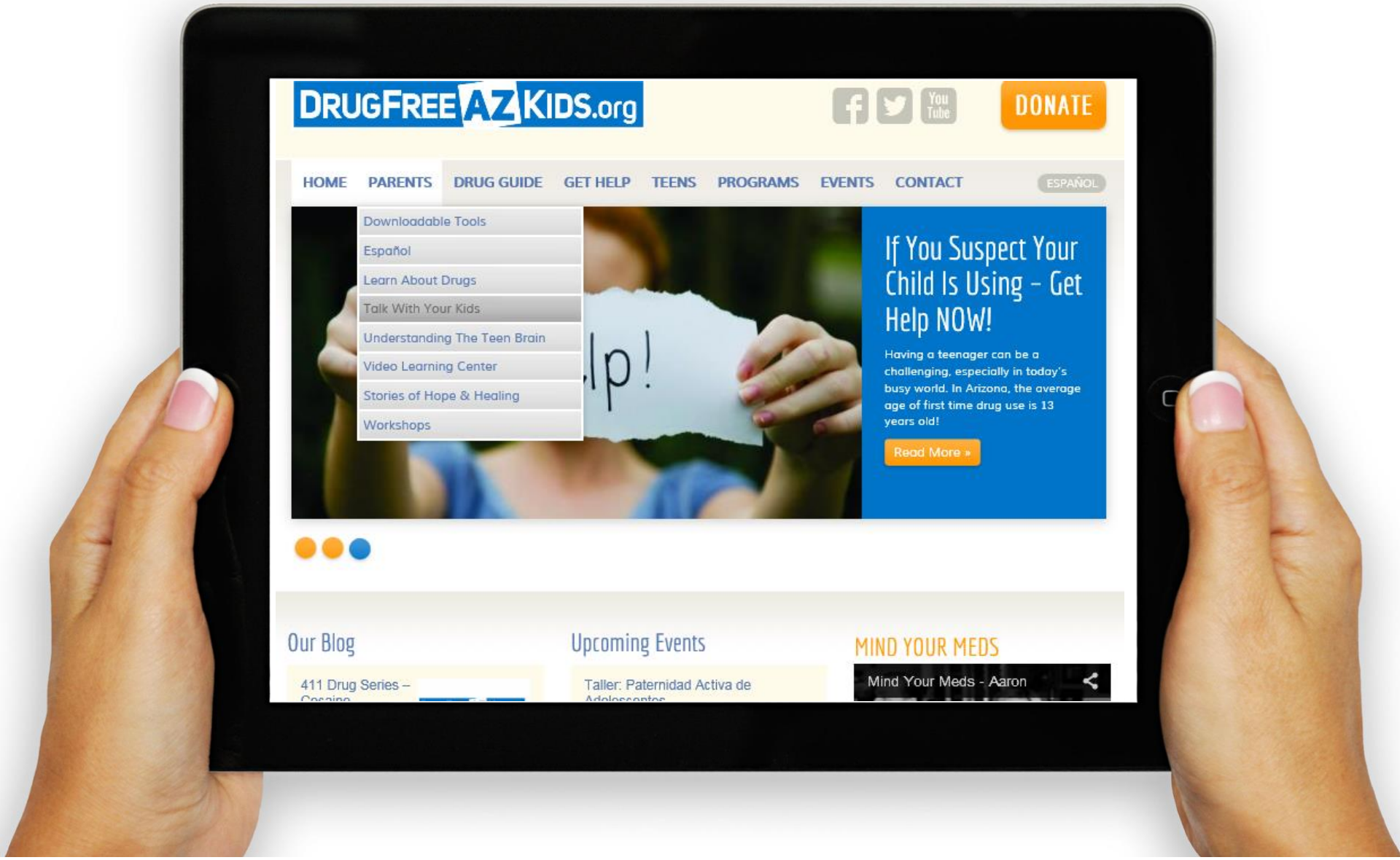
(Back of Arizona Medical Marijuana Card)

What Can You Do?

Clearly Communicate Expectations

What Can You Do?

Help Build Resilience


DRUGFREEAZKIDS.org
DONATE
HOME
PARENTS
DRUG GUIDE
GET HELP
TEENS
PROGRAMS
EVENTS
CONTACT
ESPAÑOL
Downloadable Tools
Español
Learn About Drugs
Talk With Your Kids
Understanding The Teen Brain
Video Learning Center
Stories of Hope & Healing
Workshops
If You Suspect Your Child Is Using – Get Help NOW!
Having a teenager can be a challenging, especially in today's busy world. In Arizona, the average age of first time drug use is 13 years old!
Read More »
Our Blog
411 Drug Series –
Upcoming Events
Taller: Paternidad Activa de
MIND YOUR MEDS
Mind Your Meds - Aaron

DRUGFREEAZKIDS.org

A Program of Southwest Behavioral & Health Services

Thalia Williams

Thalia.Williams@DrugFreeAZKids.org

(602) 264-5700 ext. 13

Coming up next

Guest Speaker: Katherine Londen

Childcare Center Permitting & Food Safety

June 16, 2016

Presenting to

CACFP Renewal Summit | Mesa Convention Center

Kat Londen | Public Health Sanitarian

NO PERMIT NEEDED

LIMITED

MODERATE

Permitting

COMPLEX

ARIZONA DEPARTMENT
OF HEALTH SERVICES

Health and Wellness for all Arizonans

Some Special Requirements for Daycares/Preschools

Unpasteurized Milk

Raw Seed Sprouts

Pooled Unpasteurized Eggs

Top 5 Ways to Keep Food Safe

Practicing good hygiene and only working when healthy

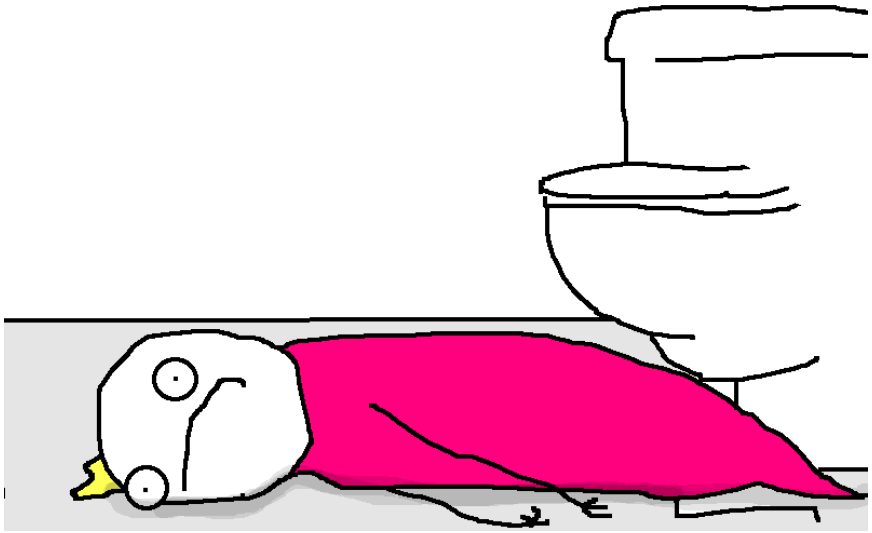
Properly and frequently cleaning and sanitizing

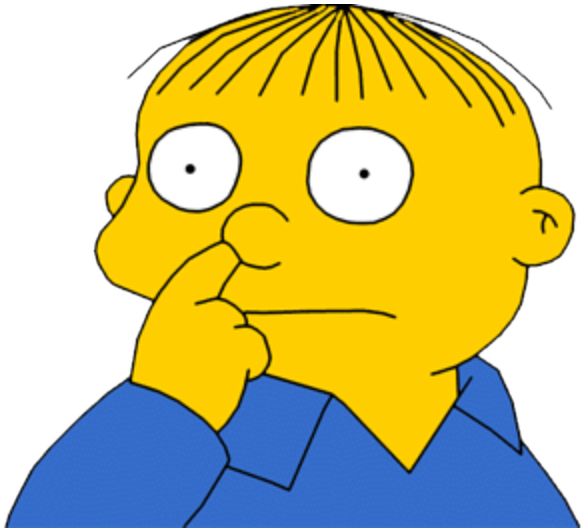
Keeping hot foods hot and cold foods cold

Cooking foods to the right temperatures

Buying food from safe sources

Good Health and Hygiene

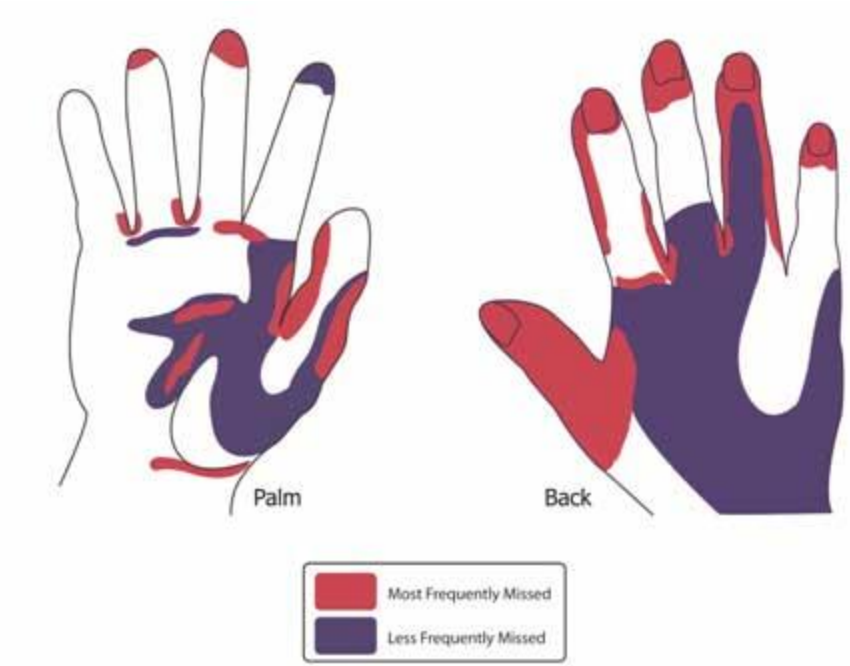




Hand Hygiene

- Avoid contaminating gloves when you put them on
- Use gloves only once
- Change gloves between tasks
- Wash and dry hands thoroughly
- Wash hands any time they become contaminated

Good Handwashing



Proper Cleaning and Sanitizing

Sanitizing

- Chlorine sanitizer: 50-100ppm, 10 seconds of contact time. Dip test strip in solution for 1 second to assess.
- Quaternary ammonium sanitizer: 200ppm OR 150-400ppm depending on the product (check the label!), minimum 30 seconds of contact time (check the label!). Dip test strip in solution for 10 seconds to assess.

Sanitizer vs Disinfectant

- Sanitizing: Reducing germs on inanimate surfaces to levels considered safe by public health codes or regulations

- Disinfecting: Destroying or inactivating most germs on any inanimate surface

Proper Hot and Cold Holding Temperatures

*Follow local regulations

Proper Cooking Temperature

Safe Food Sources

In Daycares…

- Norovirus
- Shigella
- E. coli 0157:H7

http://wwwnc.cdc.gov/eid/article/10/11/04-0623_04_article

Norovirus

- Can stay o surfa s f up to 2 weeks
- Some sanitize against it
- As few as 2 n make you sick
- Billions of viral shed while ill

20 million
illnesses per year

Incubation:
12-48 Hours

Duration:
1-3 Days

Symptoms:
Vomiting and watery diarrhea, often simultaneous

Shigella

- As few as 10 bacteria can make you sick
- Readily spread in daycares: diaper changing stations, bathrooms, toys, sensory tables, hands
- Can be foodborne or waterborne if contaminated by ill individual

E. coli 0157:H7

- Spread via fecal-oral route
- Can be foodborne
- A severe complication is Hemolytic Uremic Syndrome (HUS): this can be deadly

Incubation:
1-10 days

Duration:
5-10 Days

Symptoms:
Severe diarrhea, often bloody, abdominal pain, vomiting, no fever

Employee Policies/Procedures

- Employee Illness Policy
  - The symptoms employees are required to report
  - The illnesses employees are required to report, if diagnosed in themselves or a household member
  - Criteria to return to work
- Procedure for Backing Up Absent/Ill Employees
- Procedure for Logging Absent/Ill Employees

Training

www.ansi.org/Accreditation/credentialing/

ANSI-CFP Accreditation Program (Accredited)

#	Organization	ID
1	360training.com, Inc. Learn2Serve Food Protection Manager Certification Program	0975
2	National Registry of Food Safety Professionals Food Protection Manager Certification Program International Certified Food Safety Manager	0656
3	National Restaurant Association ServSafe Food Protection Manager Certification Program	0655
4	Prometric Inc. Food Protection Manager Certification Program	0659

THANK YOU

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azhealth.gov

@azdhs

facebook.com/azdhs

Coming up next

Healthy Snacks & Food Demo

Symphony of Fruit Pizza

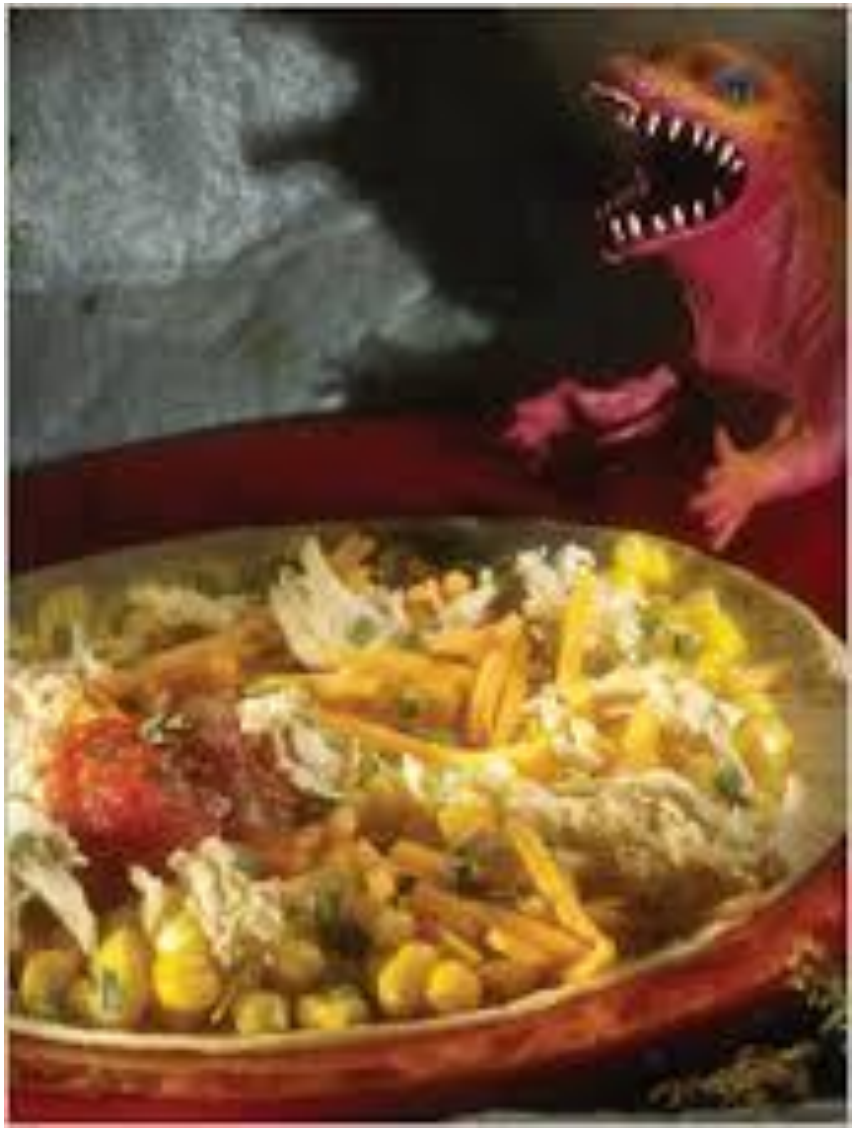
Fruit Salsa with Cinnamon Chips

Fun in the Sun Banana Split

Banana in a Blanket

10-Minute Breakfast Burrito

T-Rex Tortilla Pizza



Cosmic Cucumber Wrap

Purple Party Parfait

Coming up next

Guest Speaker: Dawn Winklemann

Picky Eaters
Reasons Why They are Picky & Easy Targets For Bullying!

Dawn Winkelmann, M.S, CCC-SLP
Speech Language Pathologist & Feeding Specialist

1. Food Neophobia

- Neo= New Phobia = Fear
- Food Neophobia is a fear of new or unfamiliar foods (Wikipedia)
- It is a physical fear (Dr. Alan Greene drgreene.com)
- Food neophobia is normal for 2-3 year olds!
- Important part of childhood development =they are designed not to trust new fruits & veggies (Morris & Klein 2000, drgreene.com)

Recommendation: Expose children to new fruits & veggies

When does Food Neophobia start & end?

- Typically developing 2-3 year olds experience food neophobia for a short time (Morris & Klein, Pre-feeding skills 2nd edition 2000)
- Food Neophobia decreases with age (Dovey 2008)
- By 5 years of age-they should be willing to try new foods

Recommendation: Knowing when to refer children for feeding therapy or additional services

2. Anxiety

- Kids can be worried about mealtime
  - Anxiety = more adrenaline = less appetite
  - Anxiety = can't absorb food = less appetite
  - Anxiety = crave sugar = less appetite
  - Anxiety = tighter muscles = less appetite
  - Anxiety = choking (PTSD) = less appetite
  - Anxiety = stops brain from learning = less appetite
  - Anxiety = adult's anxiety = less appetite

Recommendation: Trying to anticipate & decrease anxiety at mealtime

2. Anxiety (Continued)

- Positioning
  - No feet dangling in a chair, feet flat on the floor
  - Desk/table at chest height
  - 90 degree angle
- Puree Foods
  - Give baby food out of the jar
  - Give fruit & veggie pouches out of the pouch
  - Give all food out of packaging

Recommendation: Try to improve positioning and remove packaging.

3. Psychosocial Influences

- A child's chances of picky eating increases if parents, school staff, other adults and other children in their environment tend to avoid certain foods.
- If kids eat healthy with their teachers & therapists then eating is not such a battle at home.

Recommendation: Modeling good eating habits like eating fruit and vegetables & focus less on picky behaviors. (Galloway 2005)

4. Behavioral Influences

- Aversive mealtime behaviors can negatively influence mealtime and appetite:
  - throwing plates
  - Tantrums
  - food refusal
  - Overstuffing
  - Kicking
  - etc.
- Products: like the Happy Mat

4. Behavioral Influences (Continued)

- Language:
  - Encouragement vs. Praise: We want them to development skills not become addicted to praise.
    - "I am so happy you ate the broccoli. Here is your dessert".
      vs.
      "You tried a new food. You must be so proud of yourself".
  - "You can" vs. "No", "don't" or "stop": We want kids to learn what is expected of them and promote change.
    - "You can put your feet on the floor"
      vs.
      "Stop kicking"

Recommendation: Monitor our products and language to promote change

5. Environmental Influences

- Adult-child & trust interactions
- Mealtime structure & mealtime habits
- Distractions (Iwata, Riordan, Wohl, & Finney, 1982)
- Food art: Making Mealtime ezpz: Fun Ways to Fill the Happy Mat
- Research demonstrated that if a learned reaction to food is negative, it leads to appetite suppression. (Booth 1990)
- Some programs give baby foods in a jar only up to 12 mos-picky eating later?

Recommendation: Establishing trust while being creative & patient during mealtime

6. Feeding Difficulties

- "A feeding problem exists when a child is stuck in their feeding pattern and cannot progress." (Manno et al., 2005).
- Feeding difficulties occur in:
  - 25%-45% of healthy children
  - 80% of children with developmental delays or chronic disease (Lefton 2007) (Manikam 2000)
- It can get to a point where their list of foods is so short it interferes with their daily lives, causing stress on the family, school & friendships

Recommendation: Understand that feeding difficulties/picky eating is a health concern & may require a referral

6. Feeding Difficulties (Continued)
Picky Eaters vs. Problem Feeders

Picky Eaters
- Decreased range or variety of foods that will eat = 30 foods or more
- Foods lost due to "burn out" because of a food jag are usually regained after a 2 week break
- Able to tolerate new foods on plate and usually can touch or taste a new food (even if reluctantly)
- Eats at least one food from most all food texture groups
- Will add new foods to repertoire in 15-25 steps on Steps to Eating Hierarchy

Problem Feeders
- Restricted range or variety of foods, usually less than 20 different foods
- Foods lost due to food jags are NOT re-acquired
- Cries and "falls-apart" when presented with new foods
- Refuses entire categories of food textures
- Adds new foods in more than 25 steps

Toomey, 2002

Recommendation: Understand how picky eating affects their overall health & places them at risk for bullying

Why Picky Eaters are Easy Targets for Bullying

- Generally, children who are bullied have one or more of the following risk factors:
  - Perceived as different from their peers
  - Perceived as weak or unable to defend themselves
  - Are depressed, anxious, or have low self esteem
  - Are less popular than others and have few friends

Recommendation: Knowing these risk factors and discuss with staff

Bullying's Impact on Health

- Bullying negatively impacts the health of children who are picky
- Hunger & picky eating impacts a child's ability to learn and to handle stress. Especially the added stress of being bullied.
- Hungry/picky eating children struggle with grades, test scores, attendance, emotional & behavioral well being. These struggles are more difficult if they are bullied.

Recommendation: Remember that all of us play critical roles in helping children who are picky eaters be healthy & be ready to learn!

Three Types Of Bullying

- Verbal: saying or writing mean things.
  - Teasing
  - Name-calling
- Social: hurting someone's reputation or relationships.
  - Leaving someone out on purpose
  - Embarrassing someone in public
- Physical: hurting a person's body or possessions.
  - Taking or breaking someone's things
  - Making mean or rude hand gestures (stopbullying.gov)

Tips to Stop Bullying

1. Look for signs of bullying, especially at mealtime & holidays
2. Listen to the child who is bullied & discuss in private
3. Believe the child's story & establish trust
4. Assure the child that they are not alone & that it's not their fault
5. Come up with a plan together to stop the bullying

Recommendation: Talking to parents and staff to get them on board with your plan

In Conclusion…

- Recognize the difference between picky eating & problem feeding
- Understand how picky eating affects the health & wellness of the children we serve
- Given you recommendations to train your team
- Understand the dangers of bullying and how it impacts the health of these children

Contact & Questions:

THANK YOU FOR COMING!!

Dawn Winkelmann, M.S, CCC-SLP

dawn@ezpzfun.com

dawn@spectrumspeech.com

Resources

- ezpzfun.com (Therapist approved & award winning feeding products & outstanding blog)
- Winkelmann, Laurain, Robertson, (2016) Making Mealtime ezpz: Fun Ways to Fill the Happy Mat
- Spectrumspeech.com (Dawn Winkelmann's private practice)
- Dr.Green.com (Excellent Peditrician and outstanding blog)
- Fernando & Potock, (2015) Raising A Healthy, Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating
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Coming up next

Guest Speaker: Bonnie Williams

Empower Standards Overview

June 16, 2016
CACFP Summit
Mesa, AZ

Bonnie Williams, MA

Early Care and Education Manager

Bureau of Nutrition and Physical Activity (BNPA)

Arizona Department of Health Services (ADHS)

bonnie.williams@azdhs.gov

602-542-2847

480-294-2792 (cell)

www.theempowerpack.org

Empower Standards

Standard 1:	Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.
Standard 2:	Practice “sun safety.”
Standard 3:	Provide a breastfeeding-friendly environment.
Standard 4:	Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.
Standard 5:	Limit serving fruit juice to no more than two times per week.
Standard 6:	Serve meals family style and do not use food as a reward.
Standard 7:	Provide monthly oral healthcare education or implement a tooth brushing program.
Standard 8:	Ensure that staff members receive three hours of training annually on Empower topics.
Standard 9:	Make Arizona Smokers’ Helpline (ASHLine) education materials available at all times.
Standard 10:	Maintain a smoke-free campus.

Empower Standards

Standard 1: Provide at least 60 minutes of daily physical activity (teacher-led and free play) and do not allow more than 60 minutes of sedentary activity at a time, or more than three hours of screen time per week.

Provides at least 60 minutes of planned physical activity per day

Includes teacher-led activities

Includes free play opportunities

Includes outdoor physical activity

Includes moderate physical activity

Includes vigorous physical activity

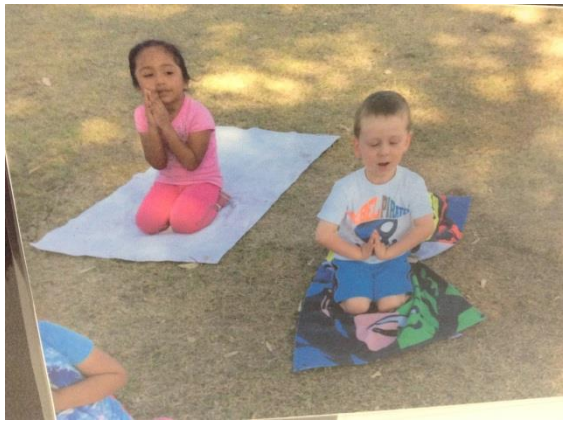
Limits sedentary activity to no more than 60 minutes at a time, not including nap time

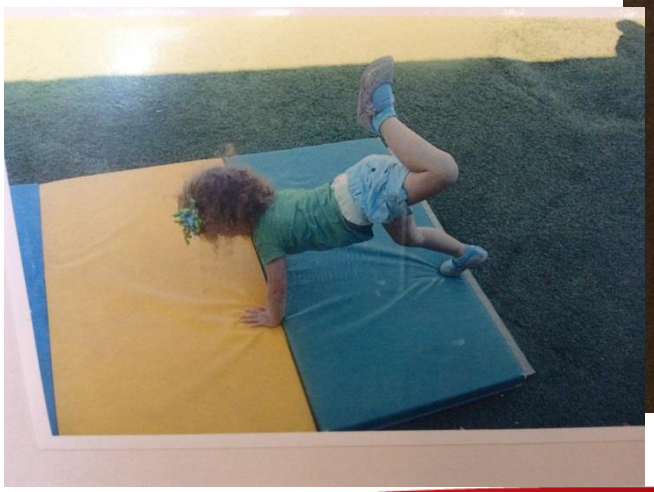
Limits screen time to 3 hours or less per week

Prohibits use of physical activity as punishment

Provides information on screen time to families

Physical Activity





Empower Standards

Standard 3: Provide a breastfeeding-friendly environment.

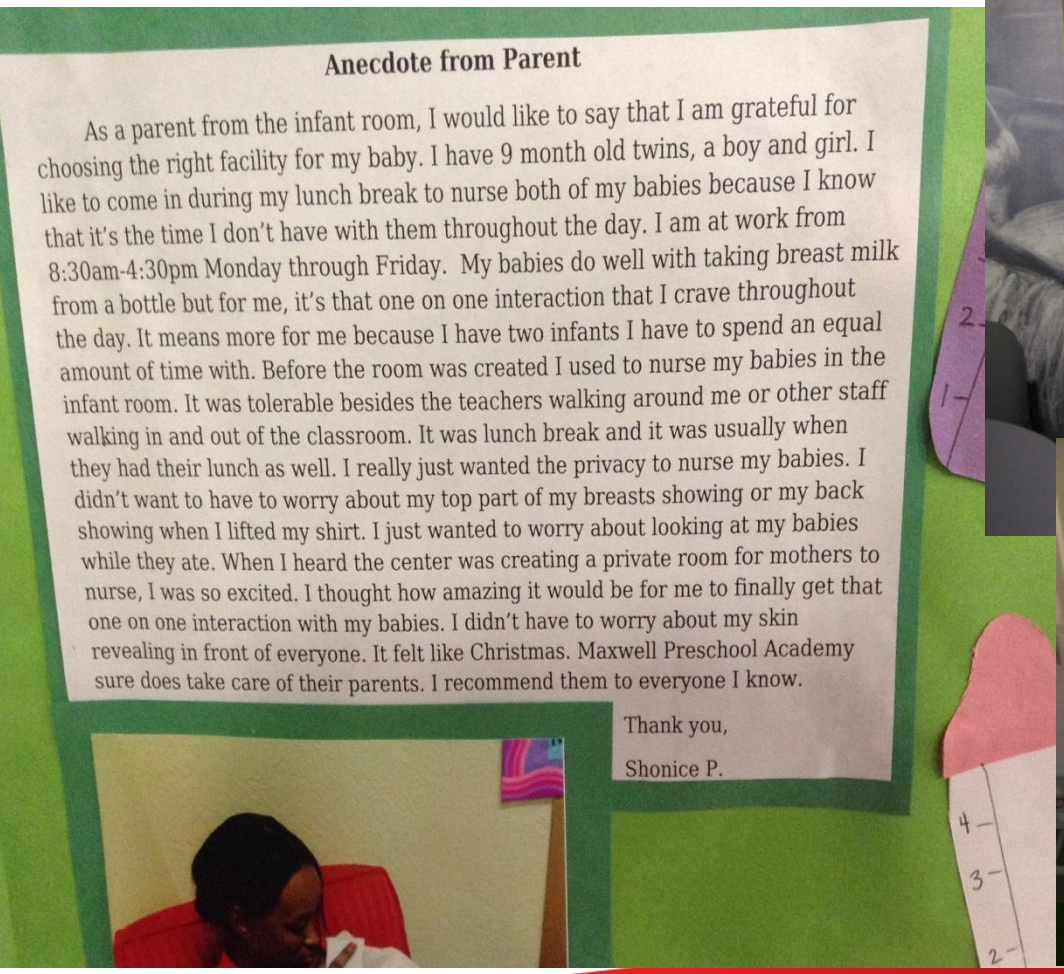
Provides a place to breastfeed or express milk (not a bathroom)

Provides a refrigerator for milk storage

Displays breastfeeding promotion information

Provides breastfeeding information to families

Breastfeeding-Friendly

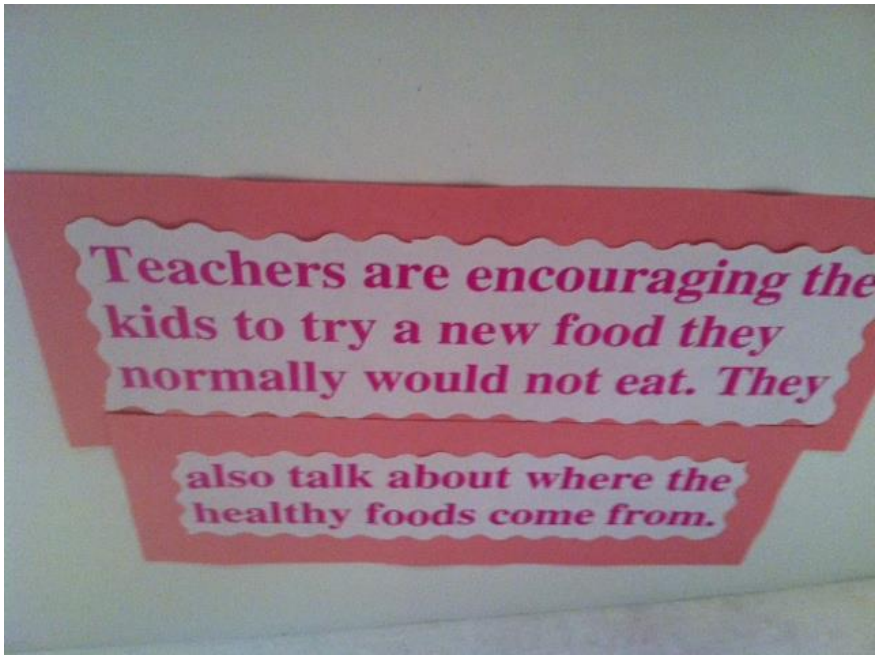


Empower Standards

Standard 4: Determine whether site is eligible for the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), and participate if eligible.

Is there a policy for determining eligibility status for the USDA Child and Adult Food Program (CACFP)?

CACFP


Teachers are encouraging the
kids to try a new food they
normally would not eat. They
also talk about where the
healthy foods come from.


Converting unused space into garden beds
Goal #2: Physical Activity
Goal #3: Breastfeeding

Empower Standards

Standard 5: Limit serving fruit juice to no more than two times per week.

Offers water throughout the day

Offers water as the first choice for thirst

Prohibits serving fruit juice more than twice/week for 1 year and older (or never serves fruit juice)

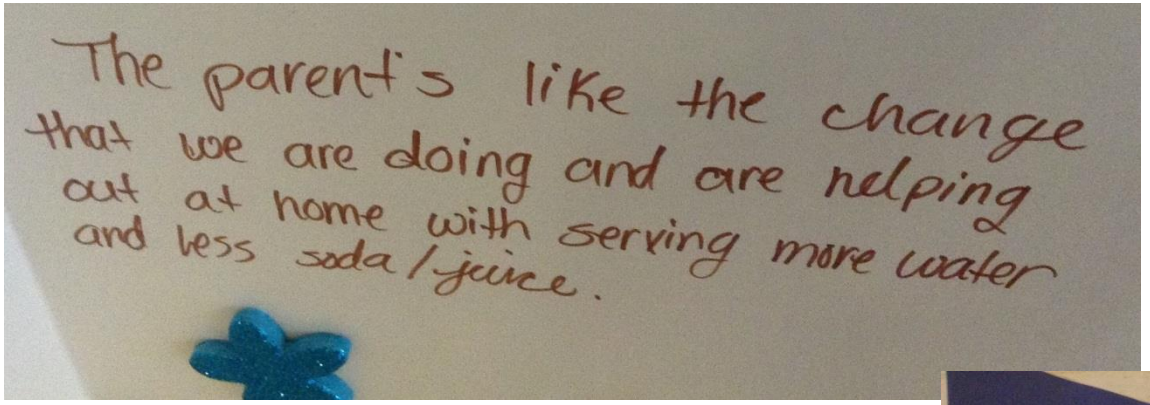
Prohibits serving more than 4-6 ounces of fruit juice at one time (or never serves fruit juice)

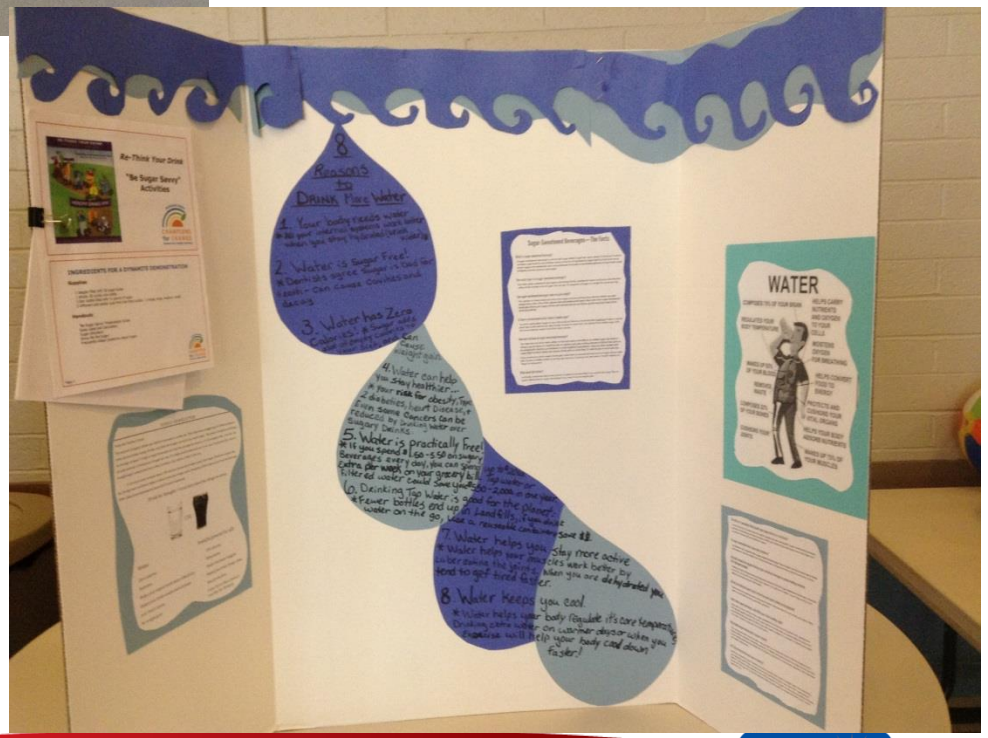
Serves juice that is only 100% fruit juice with no added sugar (or never serves fruit juice)

Serves fruit juice only at meal or snack times (or never serves fruit juice)

Provides information on fruit juice to families

Fruit Juice





Arizona Department of Health Services

Health and Wellness for all Arizonans

Empower Standards

Standard 6: Serve meals family style and do not use food as a reward.

Serves meals family style

Uses child friendly serving utensils

Requires staff participation in meal time with children

Allows children to choose what and how much to eat

Prohibits using food as a punishment or reward

Provides information on healthy eating to families

Family Style Meals

"They're trying new foods. They're actually sitting down and not getting out of their chairs."

-Rosalinda (Pre-K Teacher)

"They say thank you and ask for things genuinely without being prompted. They are so engaged in meal time."

-Dawn (Twos Teacher)

"We like to try new foods with the teachers."

-Ami (Pre-K)

Teachers will sit with kids at meal times actively engaged in eating and conversation.

Physical Activity Break

My Bonnie lies over the ocean

My Bonnie lies over the sea

My Bonnie lies over the ocean

Oh bring back my Bonnie to me

Bring back, bring back

Oh bring back my Bonnie to me, to me

Bring back, bring back

Oh bring back my Bonnie to me

Arizona is working collaboratively with state system partners to promote health and wellness in early childhood programs. The early years are the best years to set the trajectory for healthy behaviors such as healthy eating, physical activity, and limiting screen time.

Caregivers and educators have a ripe opportunity to model and provide healthy experiences to both young children and their families.

Building on Arizona's Empower standards, we are embedding health, nutrition, physical activity, and wellness plans into our state's diverse early learning systems. Working with partners, finding common ground with programs such as WIC, CACFP, DES, ADE, FTF, Head Start, SNAP-Ed, etc., provide natural leveraging opportunities for all. The importance of a young child's development is no longer debated. 'Let's move' on this momentum now.

ECE System Coordination

Empower is compatible with…

- ✓ *Quality First (FTF QIRS system)*
- ✓ *CACFP*
- ✓ *Head Start/Early Head Start Performance Standards*
- ✓ *ECE accreditation systems*
- ✓ *AZ Early Learning Standards (3-5 year olds)*
- ✓ *AZ Infant/Toddler Guidelines (0-3 year olds)*
- ✓ *Teaching Strategies Gold and other assessment/ongoing progress monitoring systems*
- ✓ *ECE curriculum approaches*

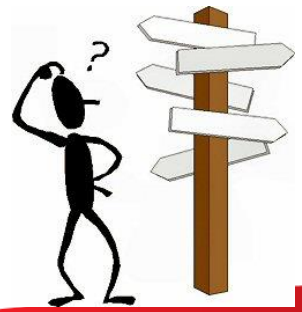
ECE System Elements

Arizona Department of Health Services (ADHS)
Bureau of Child Care Licensing (BCCL)
*Licensed Child Care Centers
*Licensed Child Care Group Home
Bureau of Women and Children's Health
*Material, Infant and Early Childhood Home Visiting (MIECHV)
Bureau of Nutrition and Physical Activity (BNPA)
*Women, Infants and Children (WIC)
*Arizona Nutrition Network (SNAP-Ed)
Empower Standards

Arizona Department of Economic Security (DES)
*Certified Family Child Care Homes FCC)
*Certified In-Home Child Care
*Arizona Early Intervention Program (AzEIP-Part C)
*Child Care and Development Block Grant
*Child Care Development Fund
*State Plan
*DES Child Care Subsidy

First Things First (FTF)
*Quality First (QRIS)
*Other Initiatives and Programs

Tribes
*Child Care and Certificate Program
*Head Start/Early Head Start



Head Start/Early Head Start
*Regional Grantees, Delegates, Tribal, Migrant
*Performance Standards (federal regulations, local decision-making)
*Child Care Partnerships

Arizona Department of Education (ADE)
Child and Adult Care Food Program (CACFP)
*Alternative Approval Home
Early Childhood Education/Early Childhood Special Education
*Early Learning Standards (ELS) 3-5
*Infant Toddler Developmental Guidelines (ITDG) 0-3
*Preschool Development Grant
*Preschool Special Education (Part B, Section 619)

Local Education Agencies (LEA)/Public Schools/Charter Schools
*various early education programs/free/tuition
*special funding/projects

Many other quality initiatives which may be local, state, national, international
Montessori
Faith-based
Professional Association (NAEYC, NAFCC, etc.)

Overview of Empower Updates

Revising Empower Guidebook and Packet

- Standards are not changing
- Guidebook will focus on policies/samples, rationale, components
- Packet contents may change

Updating Empower Website

will include resources on

- family engagement
- home setting and center setting
- culture and language
- multi-age grouping (infants through 12 years)
- inclusion/children with special health care needs/disabilities

and…

- staff activities
- staff resources
- family communications
- training videos with certificate for licensing training hours

Overview (con't)

Embedding Empower into State Systems

- Nemours/Empower PLUS+ project (March 2013 through Sept 2015)
  - sustainability funding (limited) and support continues
- Arizona Nutrition Network (SNAP-Ed) now has ECE strategies
- ADHS licensed Child Care Group Homes (Avandia) project (May 2015 through April 2017)
- DES Family Child Care will begin requiring Empower as of July 1, 2016

and hopefully more to come…

Early Learning Standards
Infant Toddler Developmental Guidelines
Licensing

Closing

Questions?

Comments?

Coming up next

Guest Speaker: Brittany Klein

Working with **WIC**

June 16, 2016

Annual CACFP Renewal Summit| Mesa Convention Center

Brittany Klein, RD, CSP, CLC| WIC Nutrition Consultant

WIC
Women Infants & Children

The Special Supplemental Nutrition Program for Women, Infants, and Children

Overview

- What Is WIC?
- Who Does WIC Serve?
- Who Is Eligible for WIC?
- What Does WIC Provide?
- Overview of WIC Foods
- How Can CACFP and WIC Work Together?
- How Can I Find a WIC Clinic Near Me?

Who Does WIC Serve?

- Women

- Infants

- Children

Who Does Arizona WIC Serve?

- Families with household income at or below 185% of the federal poverty guidelines
- Residents of Arizona
- Nutritional Risk

Income Guidelines

Updated Yearly-
April

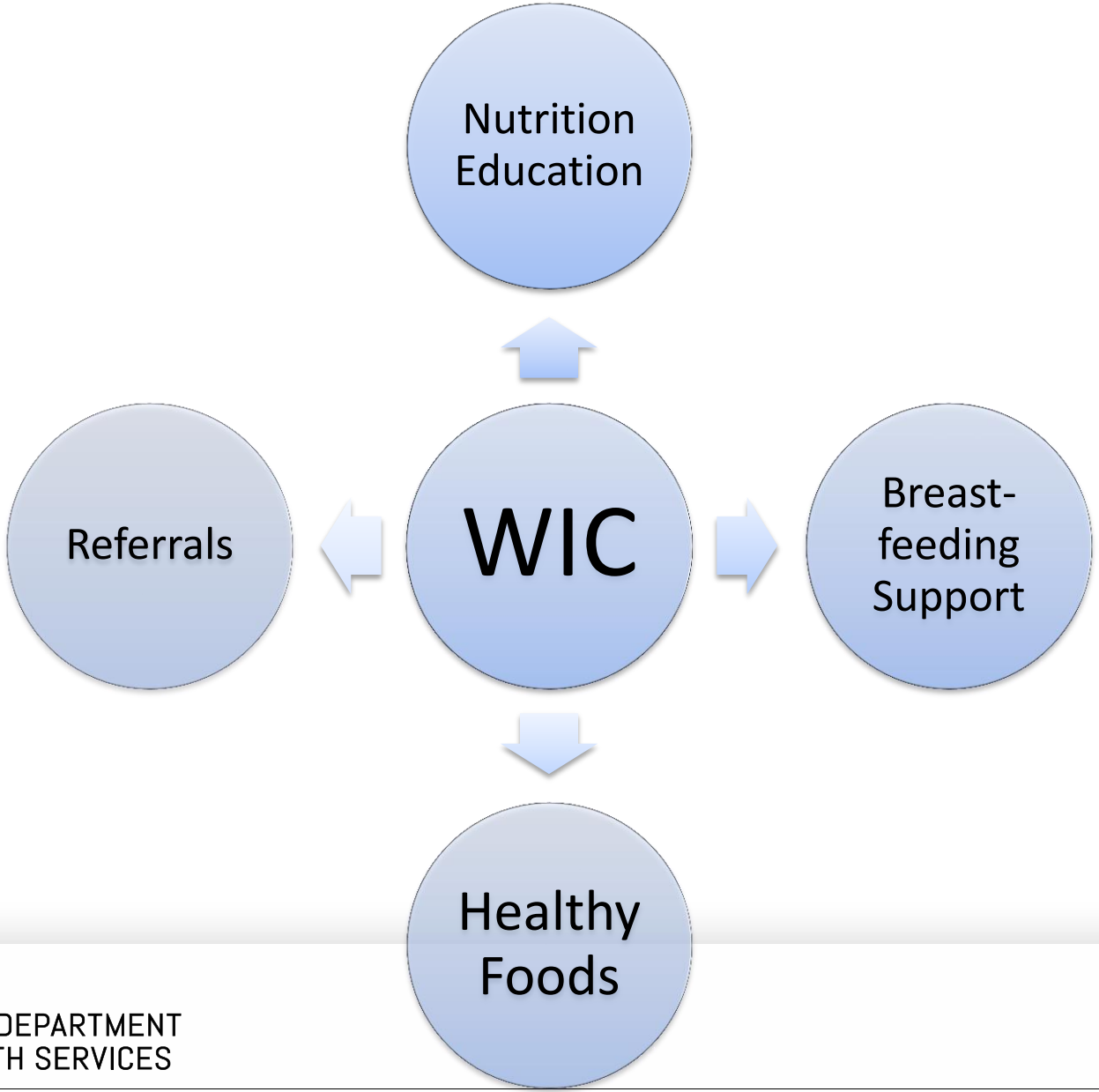
Effective Dates:
April 4, 2016-March 31, 2017

WIC Eligibility is based solely on your gross income, this chart can help determine your eligibility

Number of Family Members	Income Every Two Weeks	Income Monthly
*2	$1,140	$2,470
3	$1,435	$3,108
4	$1,730	$3,747
5	$2,024	$4,385
6	$2,319	$5,023
7	$2,614	$5,663
8	$2,910	$6,304
Each Additional Member	$296	$642

*A pregnant woman is considered a family of 2

What Does WIC Provide?



What Does WIC Provide?

Nutrition Education

Nutrition Education

- Based on Nutrition Assessment
  - Tailored to the individual based on client's interest, concerns, motivations, and WIC codes

- Some common topics include
  - Using a Cup
  - Portion Sizes
  - Picky Eating
  - Healthy Snacks

WIC Online

- 3 year USDA special project study grant
- Method of nutrition education through facilitated online discussions
- Overcome identified barriers
- Skype
- Goal= Increase Retention

How Does WIC Do This?

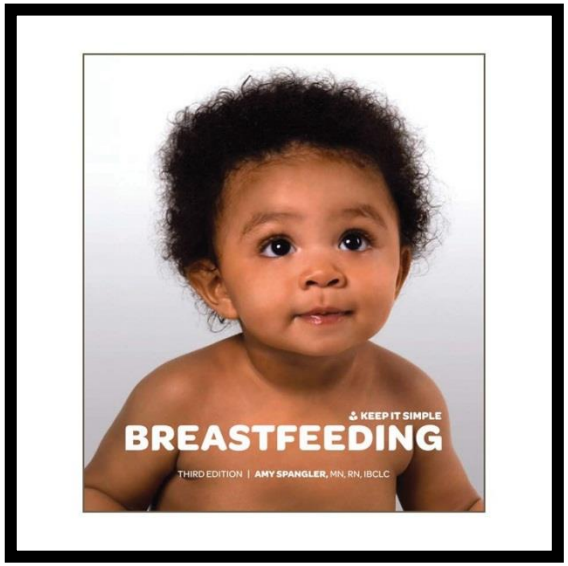
- Nutrition Experts
  - Nutrition Education Specialists
  - Nutritionists
  - Registered Dietitian Nutritionists

What Does WIC Provide?

Breastfeeding Support

Breastfeeding Support

Information while pregnant



and

support after delivery

Breast Pumps

How Does WIC Do This?

- Breastfeeding Experts
  - ➢ International Board Certified Lactation Consultants

- Breastfeeding Peer Counselors

Breastfeeding Hotline

1-800-833-4642

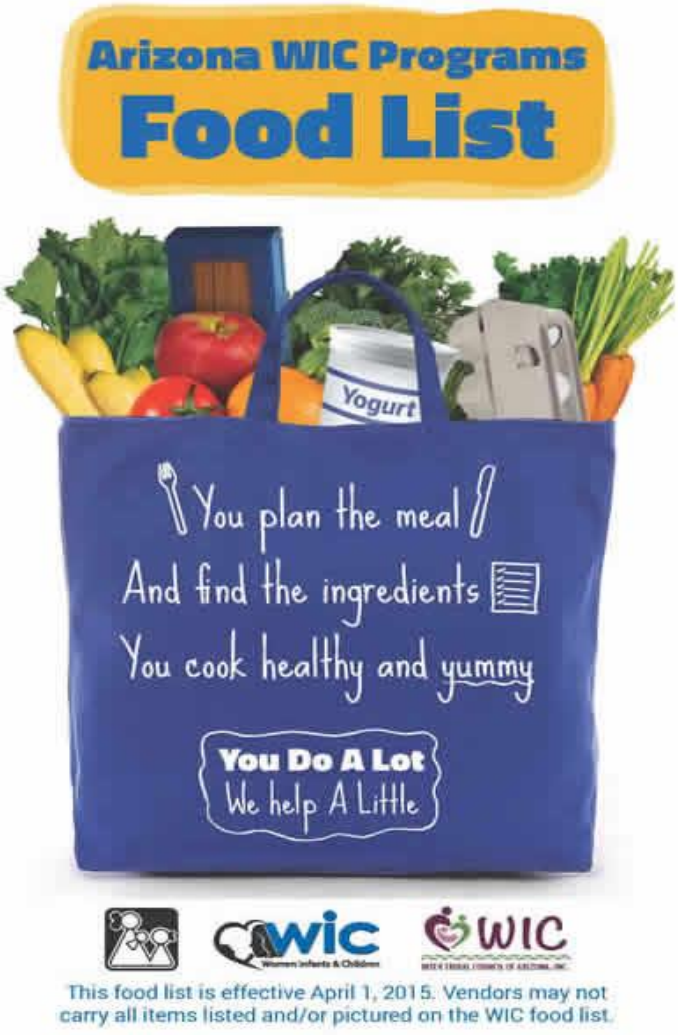
Top Topics:

Milk Supply

Latch/Positioning

Medications

What Does WIC Provide?



Healthy Foods

WIC Foods

- Prescriptive
  - Based on category
  - Specific amounts based on targeted nutrients
  - Federal Regulations set the standard

- Food package items
  - Substitutions are permitted
    - Restrictions to substituting
    - Limited to certain food groups
    - Cannot replace item with another due to preference

Let’s Look At This In More Detail

Overview of Federal Regulations

Federal Regulations for WIC

- Amounts are set based on specific guidelines per category
- Include foods from each food group
- Provide minimum requirements and specifications for supplemental foods
- Limitations in substitution options
- States have options for certain foods to be allowed or not
  - Tofu
  - Soy milk
  - Goats milk
  - Evaporated Milk
  - Powdered Milk
  - Canned Fruits and Vegetables
  - Cheese

Example of Federal Regulations

TABLE 2—MAXIMUM MONTHLY ALLOWANCES OF SUPPLEMENTAL FOODS FOR CHILDREN AND WOMEN IN FOOD PACKAGES IV, V, VI AND VII

Foods[1]	Children	Women		
	Food Package IV: 1 through 4 years	Food Package V: Pregnant and Partially (Mostly) Breastfeeding (up to 1 year postpartum)[2]	Food Package VI: Postpartum (up to 6 months postpartum)[3]	Food Package VII: Fully Breastfeeding (up to 1 year post-partum)[45]
Juice, single strength[6]	128 fl oz	144 fl oz	96 fl oz	144 fl oz.
Milk, fluid	16 qt[7891011]	22 qt[7891012]	16 qt[7891012]	24 qt[7891012.]
Breakfast cereal[13]	36 oz	36 oz	36 oz	36 oz.
Cheese	N/A	N/A	N/A	1 lb.
Eggs	1 dozen	1 dozen	1 dozen	2 dozen.
Fresh fruits and vegetables[1415]	$8.00 in cash-value vouchers	$10.00 in cash-value vouchers	$10.00 in cash-value vouchers	$10.00 in cash-value vouchers.
Whole wheat or whole grain bread[16]	2 lb	1 lb	N/A	1 lb.
Fish (canned)	N/A	N/A	N/A	30 oz.
Legumes, dry[17] *and/or* Peanut butter	1 lb or 18 oz	1 lb and 18 oz	1 lb or 18 oz	1 lb and 18 oz.

(12) *Minimum requirements and specifications for supplemental foods.* Table 4 describes the minimum requirements and specifications for supplemental foods in all food packages:

TABLE 4—MINIMUM REQUIREMENTS AND SPECIFICATIONS FOR SUPPLEMENTAL FOODS

Categories/foods	Minimum requirements and specifications
WIC FORMULA:	
Infant formula	All authorized infant formulas must: (1) Meet the definition for an infant formula in section 201(z) of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321(z)) and meet the requirements for an infant formula under section 412 of the Federal Food, Drug and Cosmetic Act, as amended (21 U.S.C. 350a) and the regulations at 21 CFR parts 106 and 107; (2) Be designed for enteral digestion via an oral or tube feeding; (3) Provide at least 10 mg iron per liter (at least 1.5 mg iron/100 kilocalories) at standard dilution; (4) Provide at least 67 kilocalories per 100 milliliters (approximately 20 kilocalories per fluid ounce) at standard dilution. (5) Not require the addition of any ingredients other than water prior to being served in a liquid state.
Exempt infant formula	All authorized exempt infant formula must: (1) Meet the definition and requirements for an exempt infant formula under section 412(h) of the Federal Food, Drug, and Cosmetic Act as amended (21 U.S.C. 350a(h)) and the regulations at 21 CFR parts 106 and 107; and (2) Be designed for enteral digestion via an oral or tube feeding.
WIC-eligible nutritionals.[1]	Certain enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate. Such WIC-eligible nutritionals must serve the purpose of a food, meal or diet (may be nutritionally complete or incomplete) and provide a source of calories and one or more nutrients; be designed for enteral digestion via an oral or tube feeding; and may not be a conventional food, drug, flavoring, or enzyme.

Selection

- Tri State Food Package Committee
  - Made up of ADHS WIC staff, vendors, tribal organization staff
  - Surveying to stores in their area
  - What is available?
  - What is the cost?
  - Does it meet the federal nutrient standards?
  - Continually updated
    - Updated at least every 5- 10 years
    - New foods available
      - 1 year in stores prior to being added to the food list

WIC Approved Food

- Fruits and Vegetables
  - $11 women
  - $8 children
- Whole Grain Bread
- Whole Wheat Tortillas
- Corn Tortillas
- Whole Wheat Pasta
- Milk (Soy, Cow, Goat, Lactose-Free)

Whole Grains

100% Whole Wheat Bread

Can Buy

Any of the following loaves of bread in a 16 oz. size only

- Any eligible store or house brand labeled 100% whole wheat bread (including bakery)
- Bimbo 100% Whole Wheat
- Nature's Own 100% Whole Wheat
- Oroweat 100% Whole Wheat
- Ozark Hearth 100% Whole Wheat
- Roman Meal SunGrain 100% Whole Wheat
- Sara Lee 100% Whole Wheat
- Wonder 100% Whole Wheat

Cannot Buy

- Gluten-free
- Diet, light or low carb
- Mini loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels
- Buns
- Rolls
- Organic

23

WIC Approved Food

- Yogurt
- Tofu
- Cheese
- Canned Beans
- Peanut Butter
- Eggs
- Cereal
- Juice
- Canned Salmon/Tuna*

*Exclusively Nursing Moms

Infant Cereal and Formula

Infant Cereal

Can Buy

Gerber or Beech-Nut, single grain cereal, 8 or 16 oz.

- Barley
- Oatmeal
- Rice
- Whole wheat

Cannot Buy

- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- High protein
- Mixed cereals
- Multi-grain
- Organic

Infant Formula

Only brand, type and size as specified on your WIC check. All formula listed on WIC check must be purchased.

Infant Foods

Infant Fruits and Vegetables

Can Buy

Any of the following single or mixed variety of Stage 2, 3.5 or 4 oz. infant fruits and vegetables

- Beech-Nut
- Gerber
- Tippy Toes

Cannot Buy

- Foods with added salt, sugar or starches
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA
- Smoothies
- Organic
- Pouches

Infant Food Meats

Allowable for fully breastfeeding infants only

Can Buy

Any of the following 2.5 oz. single ingredient infant meats (added broth and gravy allowed) in any stage

- Beech-Nut
- Gerber
- Tippy Toes

Cannot Buy

- Foods with added salt or sugar
- Dinners and food combinations
- Meat sticks
- Organic

ITCA WIC ONLY:

Fresh bananas if listed on the check, including those that are in a bunch, single and organic.
Note: Plantains, baby and red bananas are not allowed.

Yogurt

New

Can Buy

Any flavor of the following brands of 32 oz. quart-sized yogurt*

- Any of the following store brands
  - Essential Everyday
  - Food Club
  - Great Value
  - Kroger
  - Market Pantry
  - Lucerne
- Brown Cow
- Dannon
- LALA
- Mountain High
- Yoplait

Cannot Buy

- Yogurt with mix-ins such as granola, candy pieces, honey, nuts and similar ingredients
- Yogurts that are:
  - Greek
  - Organic
  - Drinkable

*Type of yogurt as specified on your WIC check.

Cheese

Monterey Jack | Mozzarella | Cheddar

Colby & Monterey Jack | Colby | String

Can Buy

Store or house brand+, pasteurized, pre-packaged, 1 lb. (16 oz.) regular, reduced fat or low sodium

- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Monterey Jack
- Mozzarella (includes string cheese)
- Colby
- Blended cheese (blend of any type listed above)

Cannot Buy

- Diced, grated, shredded or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks (besides string cheese) or swirls
- Packages less than 16 oz.
- Organic cheese

+Look for the 'WIC Approved' sign

Available Infant formula effective

October 1, 2015

WIC Formula Change

Before If you get	After You will get
 Enfamil ProSobee	(Current Look)  ⟷ (New Look starting in Nov.)  Gerber Good Start Soy

Still Available

Similac Advance

Available with a Prescription Only

Similac Sensitive

Similac For Spit-Up

Similac Total Comfort

WIC Approved Formula

Infants will begin to receive supplemental baby food at 6 months of age

For More Details

- Visit azwic.gov → WIC Foods→ Arizona WIC Programs Food List

Find out if you are eligible for the Arizona WIC program CALL 1 (800) 252-594

Find Out if You're Eligible

Find a Clinic

You are here for your child, and WIC is here for you.

WIC Families

Physicians

Vendors

Local Agencies

WIC Foods

Breastfeeding

Farmers' Markets

Report Complaints & Fraud

FMNP

- **WIC and CSFP**
- **$30 for purchase of fresh, locally grown fruits and vegetables from Arizona growers at approved Farmer's Markets**
- **Funded by USDA and the State of Arizona**
- **www.azwic.gov**

What Does WIC Provide?

Referrals

Referrals

- AHCCCS
- TANF
- SNAP
- Section 8
- FDPIR
- Summer Foods
- Head Start
- Immunizations
- Substance Abuse Treatment Programs
- Food Banks
- Childcare Centers

What Do We Have In Common?

- We serve similar populations
  - May be in both WIC and CACFP
  - Promotion of WIC is a required component of CACFP

- Common Purpose:
  - Providing children and infants with access to healthy foods and meals

- Funded by USDA

Mission's- Similar Purpose

- CACFP's Mission
  - The goal of the CACFP is to improve and maintain the **Health and Nutrition** status of **children and adults** in care while promoting the development of **good eating habits**.

- WIC's Mission
  - To safeguard the **health** of low-income **women, infants, and children** up to age 5 who are at **nutrition** risk by providing **nutritious** foods to supplement diets, information on **healthy eating**, and referrals to health care.

How Can We Work Together?

- Referrals to WIC
- Familiarity of programs between staff
- Collaboration between Local WIC Agencies and CACFP sites about
  - Locations
  - Times
  - Promotion
  - Outreach opportunities

How Can I Find a WIC Clinic?

- 800 Number
- AZWIC.gov
- AZ WIC Clinic Search App

Arizona WIC Number

1-800-2525-WIC

www.azwic.gov

Arizona Department of Health Services

Health and Wellness for all Arizonans

HOME | AUDIENCES | TOPICS | DIVISIONS | A-Z INDEX | Google™ Custom Search

Arizona WIC Program

WIC is a nutrition program that helps the whole family learn about eating well and staying healthy.

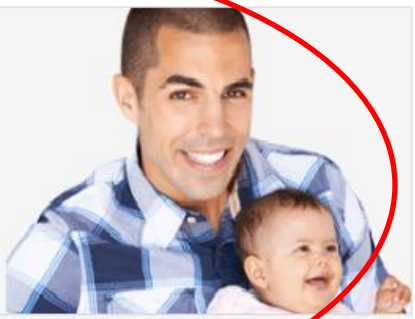
WIC en Español

Feedback & Support

Find out if you are eligible for the Arizona WIC program

CALL 1 (800) 252-5942

Find Out if You're Eligible



Find a Clinic

ARIZONA DEPARTMENT OF HEALTH SERVICES

Health and Wellness for all Arizonans

WIC Women Infants & Children

1 **Seventh Ave WIC**
1260 S. 7th Ave.
Phoenix, AZ 85007
(602)252-3988
Distance: 0.77 miles

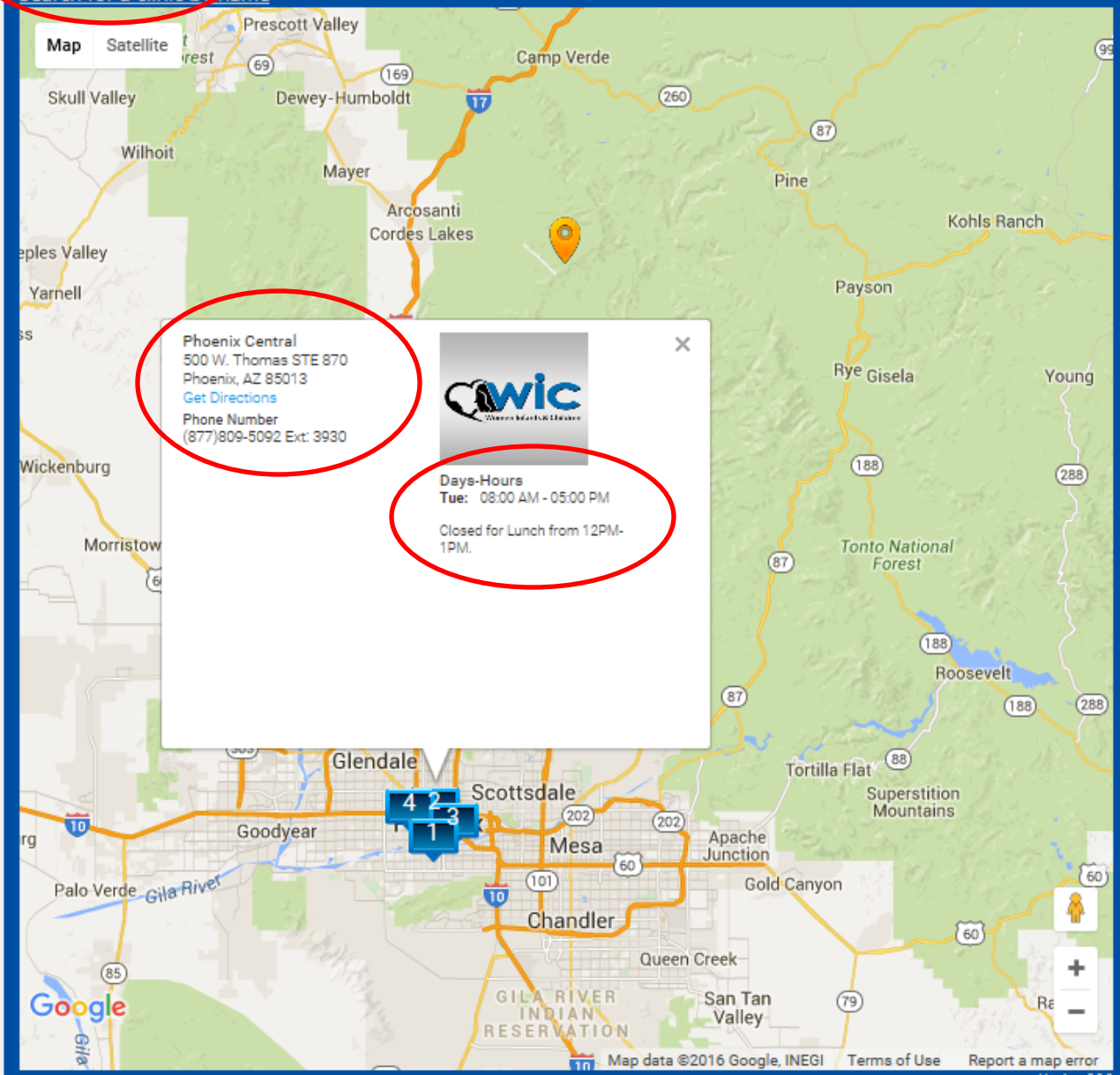
2 **Phoenix Central**
500 W. Thomas STE 870
Phoenix, AZ 85013
(877)809-5092 ext: 3930
Distance: 2.5 miles

3 **Downtown WIC**
1645 E. Roosevelt St.
Phoenix, AZ 85006
(602)506-6848
Distance: 2.52 miles

4 **St. Mary's WIC**
3003 W. Thomas Rd.
Phoenix, AZ 85017
(602)278-3201
Distance: 3.21 miles

85007

Search for a clinic by name



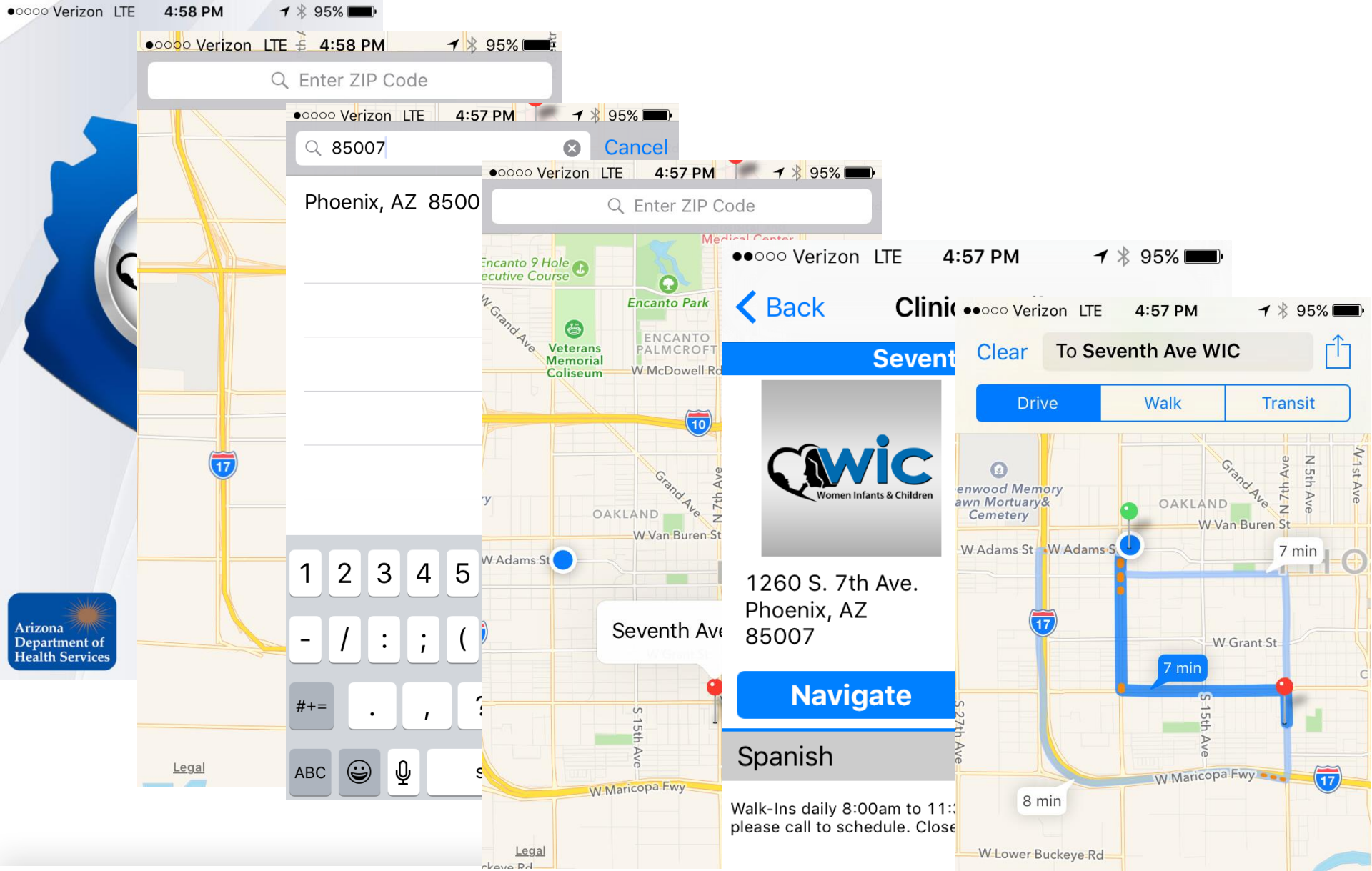
Phoenix Central
500 W. Thomas STE 870
Phoenix, AZ 85013
Get Directions
Phone Number
(877)809-5092 Ext: 3930

Days-Hours
Tue: 08:00 AM - 05:00 PM

Closed for Lunch from 12PM-1PM.

AZ WIC Clinic Search App

- Available on
  - iTunes Store
  - Google Play Store



ARIZONA DEPARTMENT OF HEALTH SERVICES

Health and Wellness for all Arizonans

THANK YOU

Brittany Klein, RD, CSP, CLC| WIC Nutrition

Consultant

Brittany.Klein@azdhs.gov | 602-542-2538

AZWIC.gov

Coming up next

Application & Management Plan
National Disqualified List

Child and Adult Care Food Program

FY 2017

Application Process

Arizona
Department of Education

FY 2017 Application Process

- Renewal applications for FY 2017 are due October 1, 2016. Applications can be submitted early. Remember that applications are reviewed in the order in which they are received.

- **Renewal applications will no longer be submitted by mail or delivered to the ADE office.**

Application and Resource Materials

- The application checklist and a few of the required forms have been converted to fillable PDF forms. Therefore, all applications are to be submitted to the ADE via the CACFP inbox, CACFP@azed.gov
- Download and save the forms to your computer. Once the forms are saved they become fillable.

Application and Resource Materials

- When emailing the information, please type the name of the organization in the subject line and FY 2017 Renewal. Attach the requested fillable and non-fillable forms to the email. Ensure that the file names match the name of the document as it is listed on the FY2017 Renewal Application Checklist. You may need to send multiple emails.

- **Examples of non-fillable forms:** organization chart, outside employment policy etc.

Application Website

- http://www.azed.gov/health-nutrition/2017-cacfp-renewal/

Application Website

Application Checklist

Child and Adult Care Food Program

FY2017 Renewal Application Checklist

For Center Sponsors

The documents listed below must be sent to the email address **CACFP@azed.gov** to apply for participation in the FY17 CACFP. The blue hyperlinks below provide you access to pdf fillable forms when selected. **Please name and number all of your documents to match the name and number listed below and include them as email attachments.** Ensure that you have selected either yes or N/A on the checklist to indicate whether the item is included in our application. **You must include the name of the organization in the subject line of the email or your documents will not be identifiable.** You may be required to send several separate emails with attachments due to reaching the maximum size allowable.

ITEM INCLUDED? #	YES	N/A	CACFP USE	DOCUMENTS REQUIRED
1.	☐		☐	This signed Renewal Application Checklist (select yes or N/A for each item on the list)
2.	☐		☐	Financial Administrative Form for Sponsoring Organizations (completed and signed)
3.	☐		☐	2017 Renewal Training Certificate
4.	☐		☐	Organizational Chart
5.	☐		☐	Outside Employment Policy
6.	☐		☐	Current DHS or Alternate License (or proof that license renewal is being processed)
7.	☐		☐	Procurement Standards (completed and signed)
8.	☐		☐	Civil Rights Pre-Award Compliance (completed and signed)
9.	☐		☐	Civil Rights Data Collection (completed and signed)
10.	☐		☐	Management Plan (completed and signed)
11.	☐		☐	Agenda from FY16 Annual Staff Training (**with required topics** in Mgt. Plan, Page 3, #5.)
12.	☐		☐	Agenda from FY16 Civil Rights Training (with required topics in Mgt. Plan - Page 3, #5.)
13.	☐		☐	Sign-in Sheets from FY16 CACFP **Annual Staff** Training - you conducted last year ("")
14.	☐		☐	Sign-in Sheets from FY16 CACFP **Civil Rights** Training - you conducted last year ("")
15.	☐		☐	**Description** of Materials used for FY16 Annual Staff Training (websites/links, manuals, etc.)
16.	☐		☐	**Description** of Materials used for FY16 Civil Rights Training (websites/links, manuals, etc.)
17.	☐	☐	☐	Additional monitoring schedule pages (from Mgt. Plan, Page 3, #6.) *
18.	☐	☐	☐	Sponsors with 25 or > facilities, policy addressing monitoring Full Time Equivalents *
19.	☐	☐	☐	Notification of unannounced reviews to Multi-sites or Multi-centers 7 CFR 226.16(d)(4)(vi) *
20.	☐	☐	☐	Expenses that require disclosure (from Mgt. Plan, Page 4, #8.) *
21.	☐	☐	☐	Subcontracts for bookkeeping, data processing, etc. (from Mgt. Plan, Page 4, #9.) *
22.	☐	☐	☐	Food Service Vendor Contract-if using caterer/school district for food service (page 4, #9.)
23.	☐	☐	☐	If Non-profit provide Board of Directors with addresses *
24.	☐	☐	☐	If Non-profit provide proof of tax exemption *
25.	☐	☐	☐	At-risk Meal Programs provide school area eligibility *
26.	☐	☐	☐	At-risk Meal Programs provide enrichment activity schedules or calendar *
27.	☐	☐	☐	Rental Lease or Depreciation Schedule if owned (in Mgt. Plan, Page 8, #5. Page 9, #5.) *
28.	☐	☐	☐	Costs for Unaffiliated Centers (in Mgt. Plan, Page 10, #9.) *

This institution is an equal opportunity provider. Page 1 of 2

Blue text indicates a Hyperlink to the fillable form

Child and Adult Care Food Program

FY2017 Renewal Application Checklist and Certification Statement

For Center Sponsoring Institutions

Certification Statement:

"This is to certify that _____ meets all of the
(Name of Sponsoring Institution)

requirements for Renewing Institutions contained in 7 CFR 226.6(b)(2). This means

_____ certifies that:
(Name of Designated Official Authorized on the CACFP Permanent Agreement)

- The Management Plan on file with the Arizona Department of Education is complete and up to date. Any necessary updates are attached;
- The Civil Rights Data Collection Form being submitted to the Arizona Department of Education is current.
- No sponsored facility or principal of a sponsored facility is currently on the CACFP National Disqualified List;
- The outside employment policy most recently submitted to the Arizona Department of Education remains current and in effect;
- The names, mailing addresses, and dates of birth of all current institution principals have been submitted to the Arizona Department of Education;
- The institution itself, and the institution's principals, are not currently on the CACFP National Disqualified List;
- The list of any publicly funded programs institution and principals have participated in the past seven years is current;
- The institution itself, and the institution's principals, have not been determined ineligible for any other publicly funded programs due to violation of the Program's requirements in the past seven years;
- No principals of the institution have been convicted of any activity that occurred during the past seven years and that indicated a lack of business integrity; and
- The institution is currently compliant with the required performance standards of financial viability and management, administrative capability, and program accountability as described in 7 §CFR 226.6(b)(2)(iii).
- All staff has been trained according to the CACFP training requirements.
- All CACFP documentation is maintained on-site for the current fiscal year, and all CACFP records are maintained for five years.
- I have selected CACFP Guidance Manuals and I am aware of the USDA resources available to me. http://www.azed.gov/health-nutrition/cacfp/cacfp-memoresourcesmanualsweb-links/guidance-manuals/
- I have selected Procedures for Complaints of Discrimination, Procurement Standards, Procurement Plan, and Administrative Review Procedures and have read and understand all of these procedures.

Any of the above information that has changed since the initial application has already been submitted to the Arizona Department of Education or is being submitted with this certification.

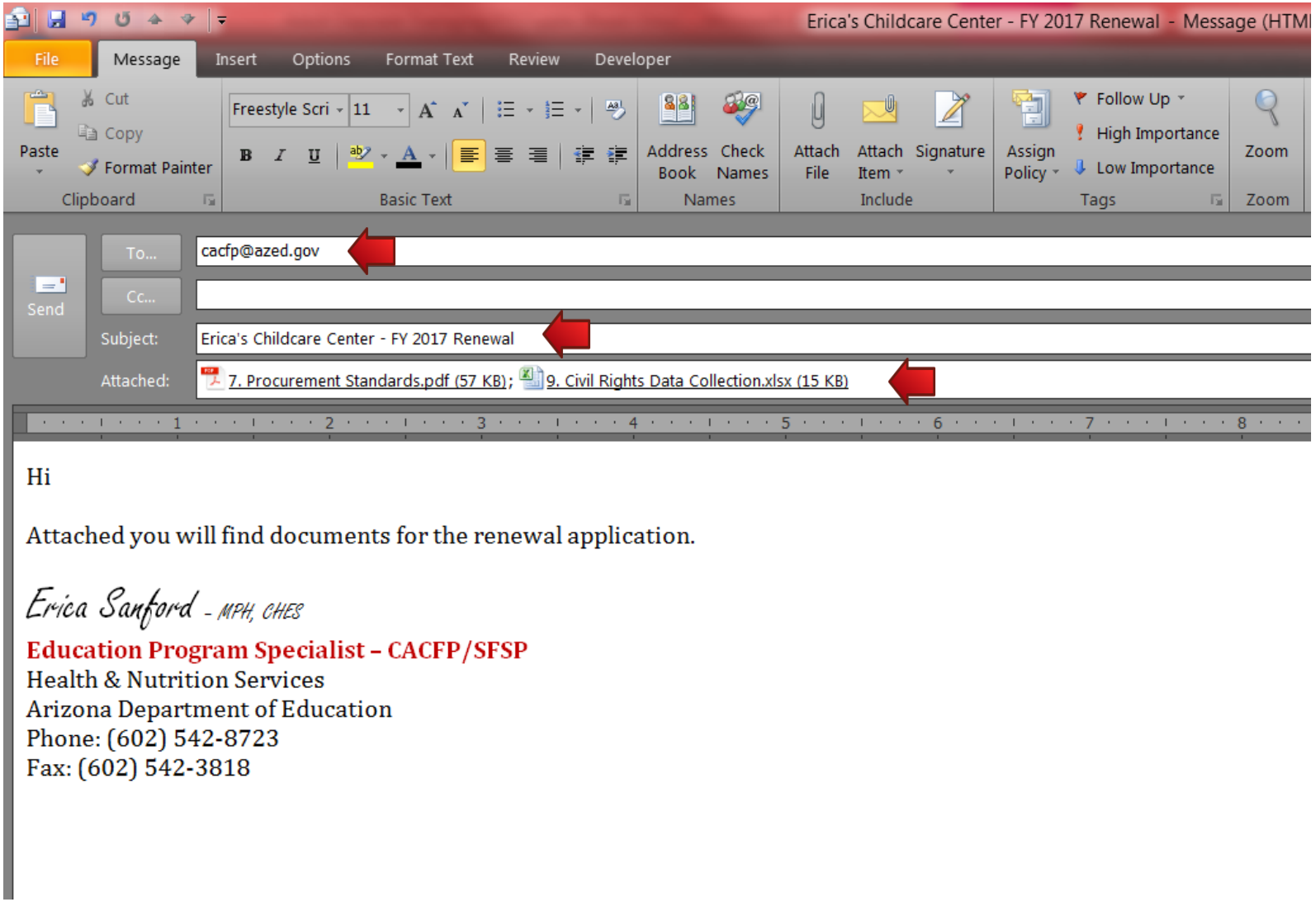
I certify that all of the above information is true and correct."

_____
(Signature of Designated Official Authorized on the CACFP Permanent Agreement)

Furthermore, my signature indicates that I have reviewed and understand each of these documents; including all items which have been checked yes on this checklist.

This institution is an equal opportunity provider. Page 2 of 2

Sample Email Format



Approval Process

- Once the application packet has been approved by the ADE, your CACFP specialist will contact you to submit your online site and sponsor applications via the CNP Web. Do not submit your online application prior to your specialist contacting you. Once approved, the CNP Web will send you a confirmation email. **You are only eligible to claim meals after your application is approved.**

- If you need assistance submitting your applications or claims on the CNP Web, please refer to: CNP Web Training Video that can be accessed on the Arizona CACFP homepage.

Approval Process

- Within 30 days of receipt of a complete CACFP application, ADE will notify the applicant of approval or disapproval.

- Sponsors must be certain that their application has been approved before submitting any FY 2017 claims.

Application Card

Important Application Information!

Use the web address below to access the 2017 CACFP Application Instructions and Forms.

http://www.azed.gov/health-nutrition/cacfp/2017-cacfp-renewal/

Don't Leave Without It!

Training Certificate

- ADE staff must confirm attendance for all summit attendees in the new Calendar of Events system. This could take 1 – 2 weeks. Afterwards an email will be sent to the email address listed in the attendees registration. The email will contain a link to the renewal summit survey. After taking the survey, you will be able to login into the Calendar of Events and download your CACFP Renewal Summit Training Certificate.

Questions

THE NATIONAL DISQUALIFIED LIST

Gaining Access

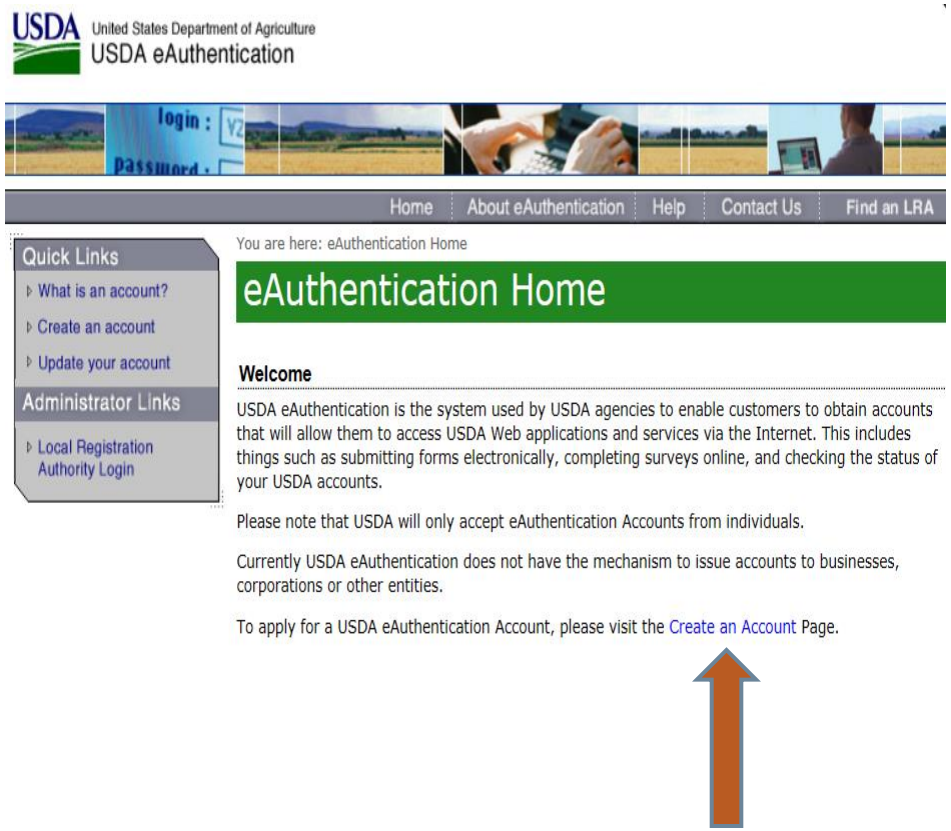
Gaining Access

Sponsoring organizations need eAuth level one clearance

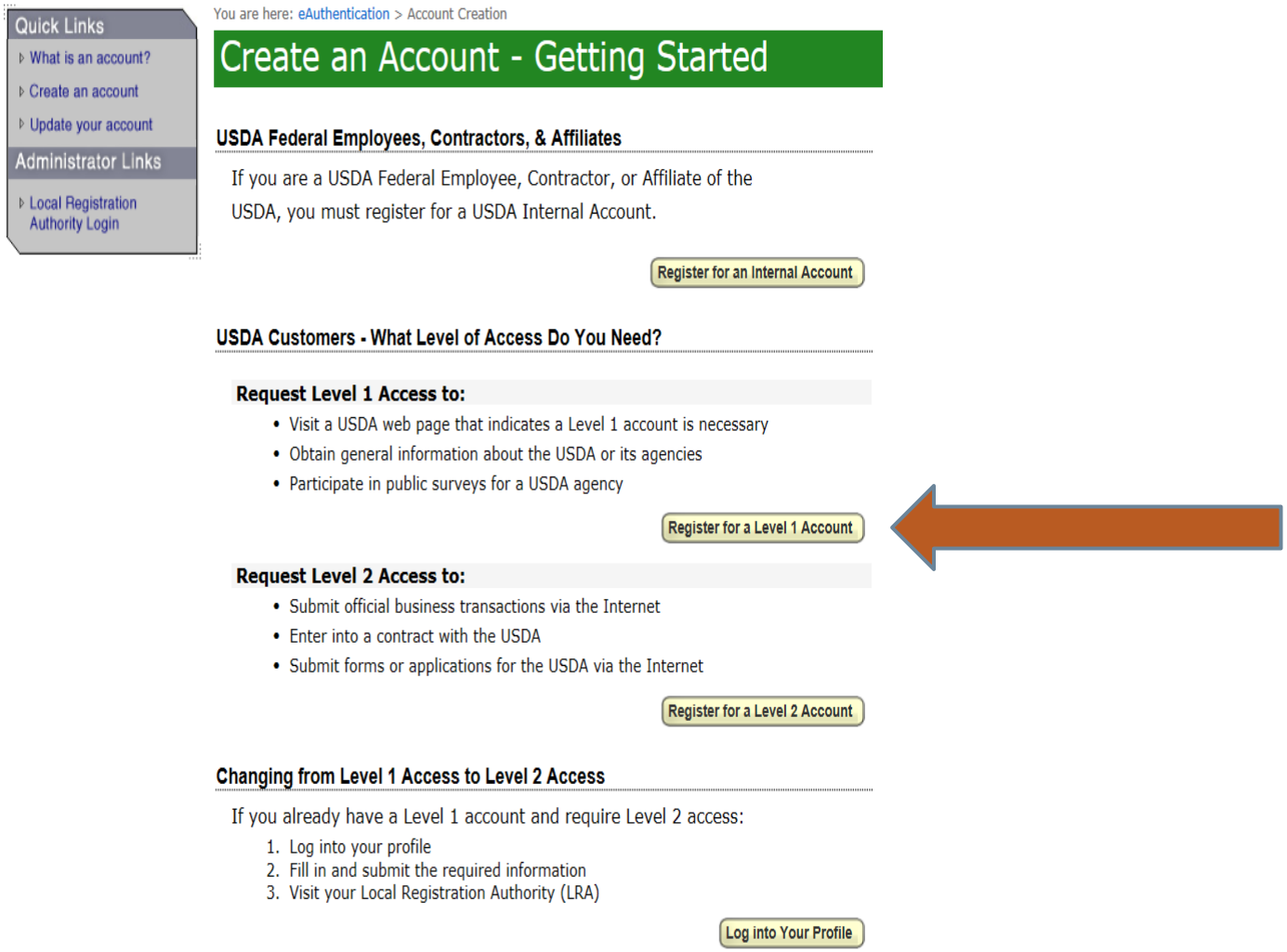
- An account with Level 1 access allows the user to enter USDA Web site portals and applications that have been determined to have minimum security requirements or restrictions.
- Level 1 access is limited to certain areas of the USDA agency websites and does not allow you to conduct official electronic business transactions with the USDA via the internet
- When hiring new employees, you can access the NDL to determine if an individual has been disqualified from operating the CACFP

Link to the eAuthentication Page

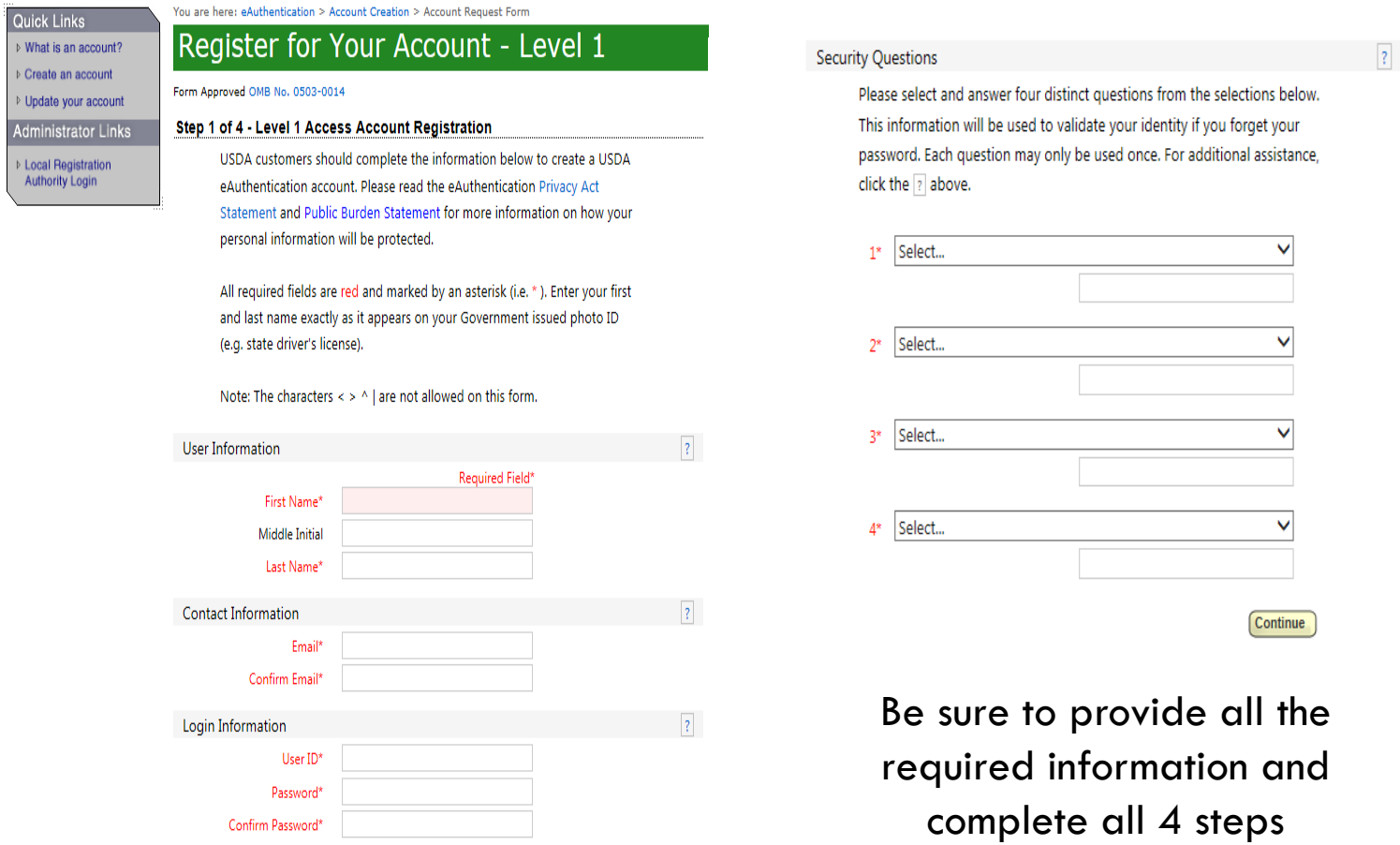
eAuthentication



Create an Account



Create an Account



Be sure to provide all the required information and complete all 4 steps

Confirm Account

- Confirmation

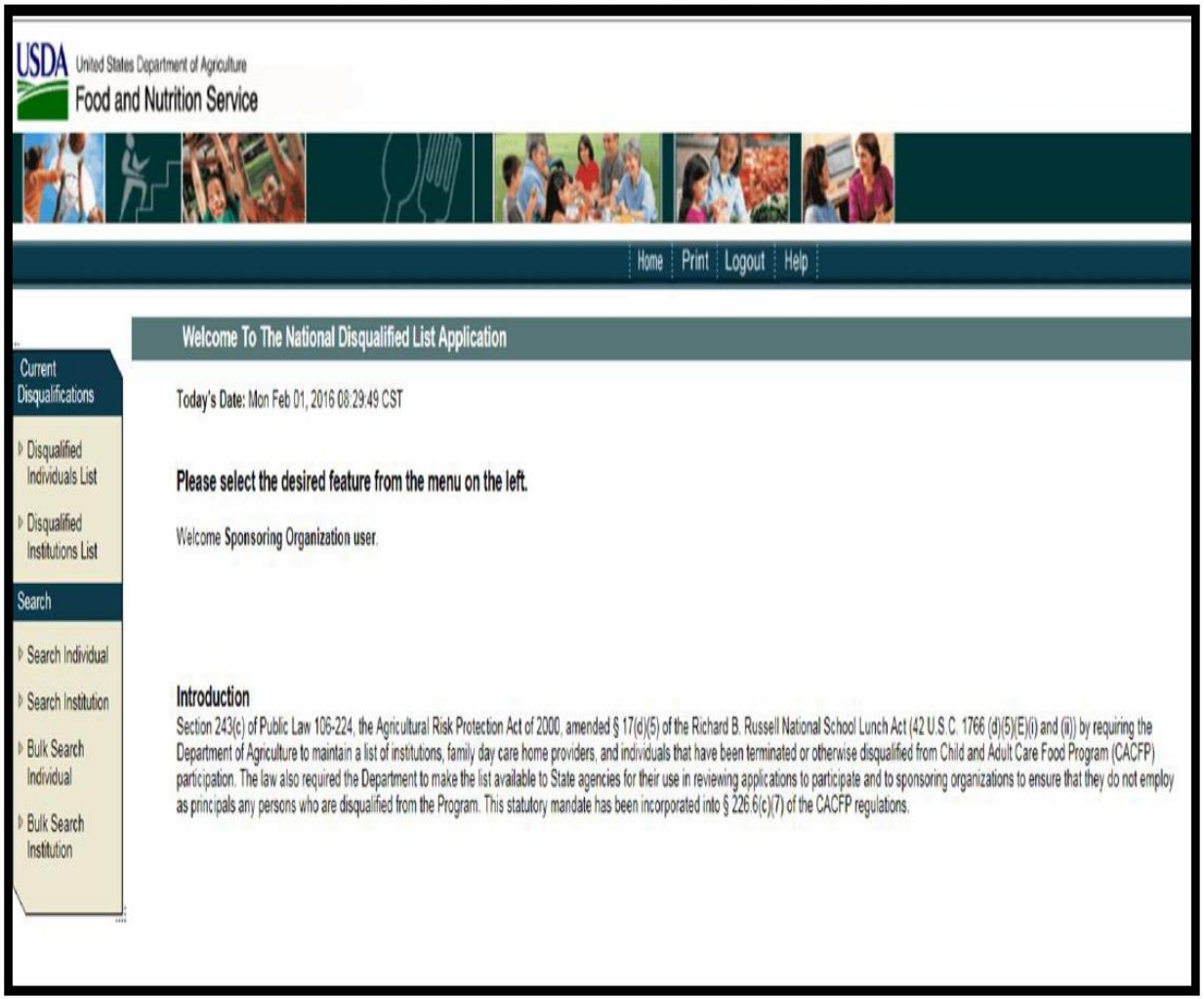
Within seven (7) days, you will then receive a confirmation email from the USDA asking you to respond to the email to confirm your account. If you do not respond to the email asking you to confirm your account within seven (7) days, you will have to restart the registration process by creating another profile and will need to select a new User ID. Once you have confirmed your online registration, you will have immediate access to USDA portals and applications that accept accounts with Level 1 access.

National Disqualified List

- Enter the username and password you created when requesting level one access

Link to the NDL login: 

Welcome Screen



Functions

Six Options are available:

The first two options allow the user to view the disqualified individual list and the disqualified institution list.

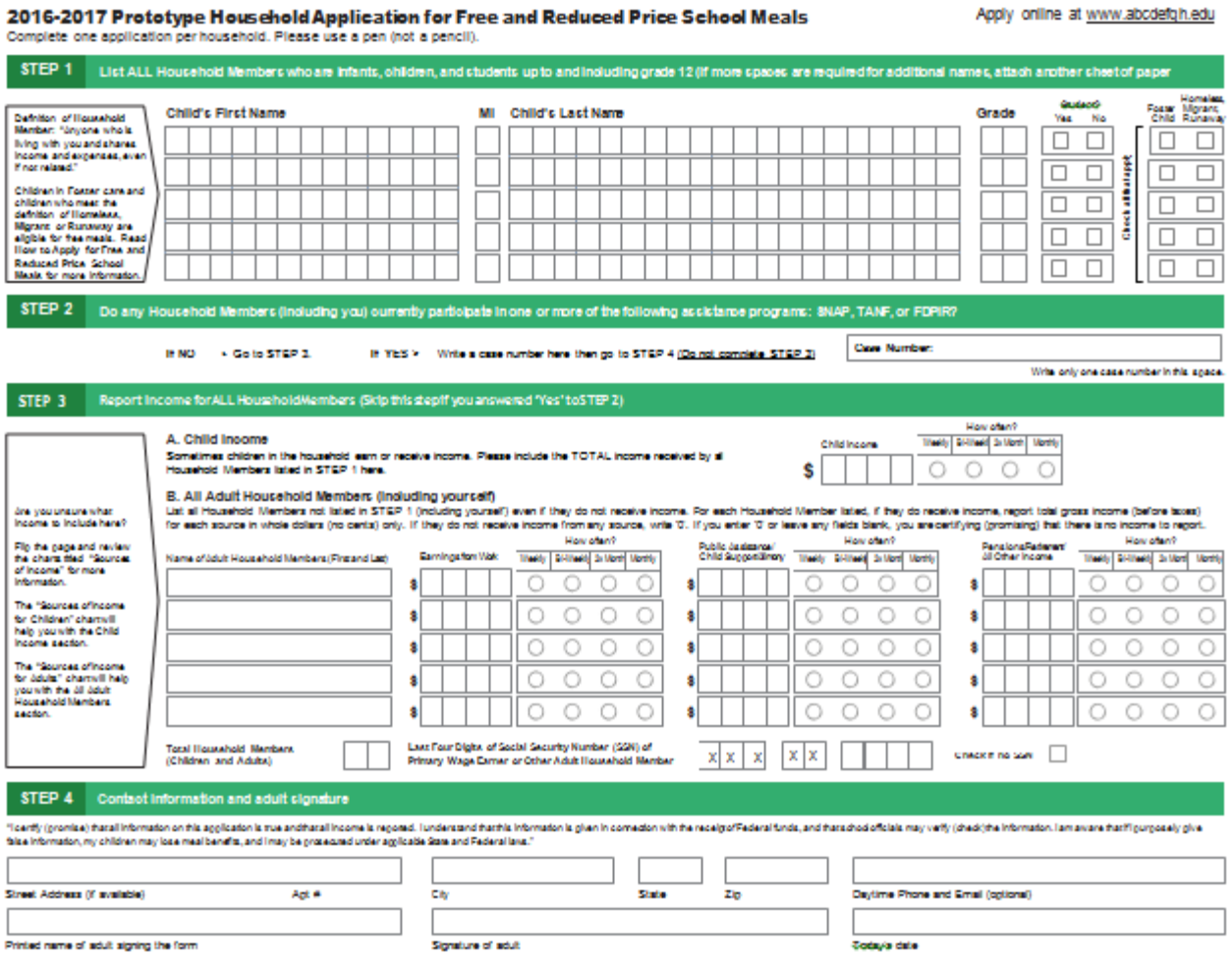
The second two options allow the user to conduct a search of a specific individual or institution using specific criteria.

The third two options allow the user to conduct bulk searches for disqualified individuals and institutions.

USDA

Questions

New Meal Benefit Eligibility Forms



2016-2017 Prototype Household Application for Free and Reduced Price School Meals

Apply online at www.abcdefgh.edu

Complete one application per household. Please use a pen (not a pencil).

STEP 1 List ALL Household Members who are infants, children, and students up to and including grade 12 (If more spaces are required for additional names, attach another sheet of paper

Definition of Household Member: "Anyone who is living with you and shares income and expenses, even if not related."

Children in Foster care and children who meet the definition of Homeless, Migrant, or Runaway are eligible for free meals. Read How to Apply for Free and Reduced Price School Meals for more information.

Child's First Name | MI | Child's Last Name | Grade | Student? Yes / No | Foster Child | Homeless, Migrant, Runaway

Check all that apply

STEP 2 Do any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, TANF, or FDPIR?

If NO ▸ Go to STEP 3. If YES ▸ Write a case number here then go to STEP 4 (Do not complete STEP 3)

Case Number:

Write only one case number in this space.

STEP 3 Report Income for ALL Household Members (Skip this step if you answered "Yes" to STEP 2)

Are you unsure what income to include here?

Flip the page and review the charts titled "Sources of Income" for more information.

The "Sources of Income for Children" chart will help you with the Child Income section.

The "Sources of Income for Adults" chart will help you with the All Adult Household Members section.

A. Child Income

Sometimes children in the household earn or receive income. Please include the TOTAL income received by all Household Members listed in STEP 1 here.

Child Income | How often? Weekly / Bi-Weekly / 2x Month / Monthly

$

B. All Adult Household Members (including yourself)

List all Household Members not listed in STEP 1 (including yourself) even if they do not receive income. For each Household Member listed, if they do receive income, report total gross income (before taxes) for each source in whole dollars (no cents) only. If they do not receive income from any source, write "0". If you enter "0" or leave any fields blank, you are certifying (promising) that there is no income to report.

Name of Adult Household Members (First and Last)	Earnings from Work	How often?	Public Assistance/ Child Support/Alimony	How often?	Pensions/Retirement/ All Other Income	How often?
	$	Weekly / Bi-Weekly / 2x Month / Monthly	$	Weekly / Bi-Weekly / 2x Month / Monthly	$	Weekly / Bi-Weekly / 2x Month / Monthly
	$		$		$	
	$		$		$	
	$		$		$	
	$		$		$	

Total Household Members (Children and Adults)

Last Four Digits of Social Security Number (SSN) of Primary Wage Earner or Other Adult Household Member: X X X X X

Check if no SSN

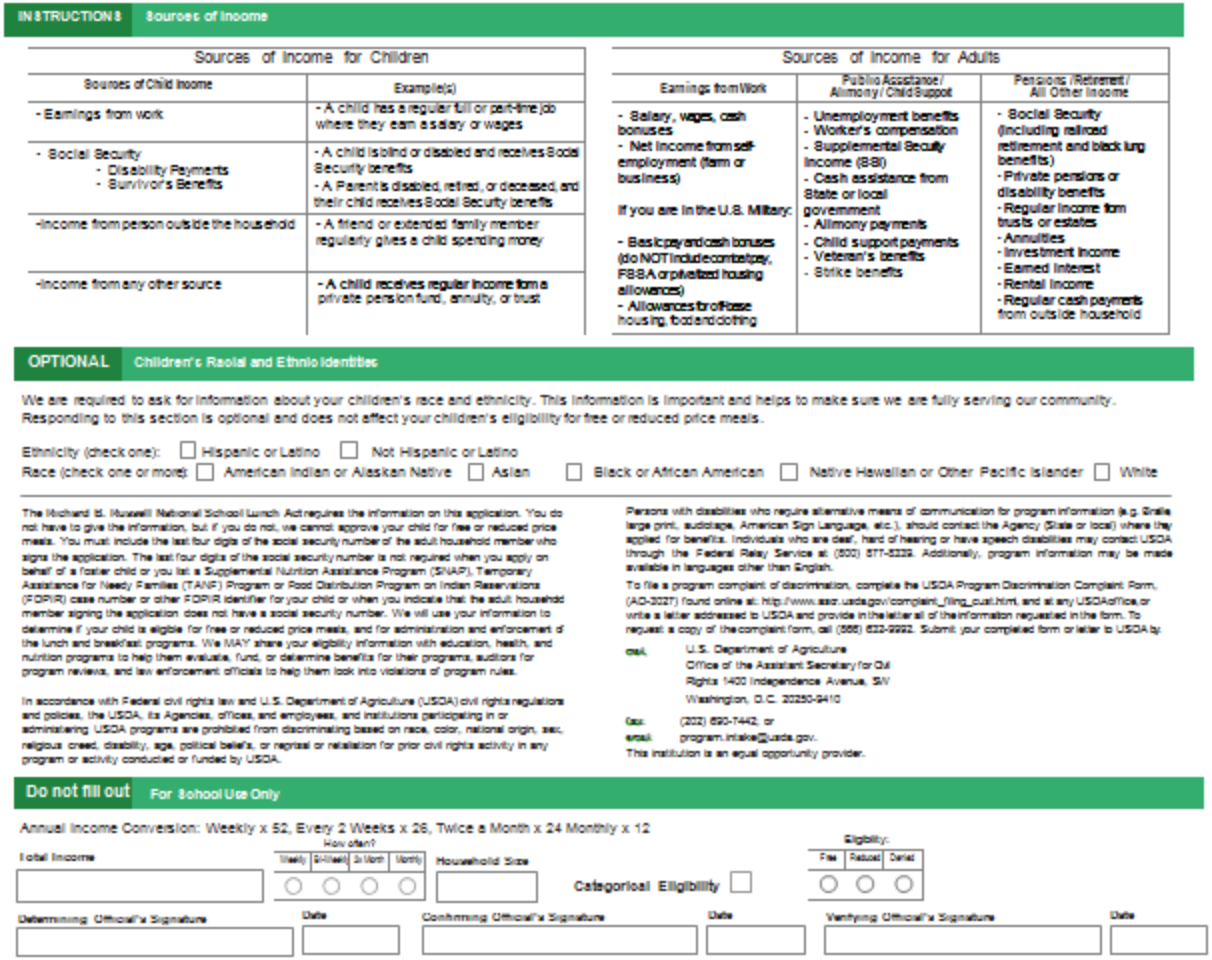
STEP 4 Contact information and adult signature

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

Street Address (if available) | Apt # | City | State | Zip | Daytime Phone and Email (optional)

Printed name of adult signing the form | Signature of adult | Today's date

New Meal Benefit Eligibility Forms



INSTRUCTIONS Sources of Income

Sources of Income for Children

Sources of Child Income	Example(s)
- Earnings from work	- A child has a regular full or part-time job where they earn a salary or wages
- Social Security - Disability Payments - Survivor's Benefits	- A child is blind or disabled and receives Social Security benefits - A Parent is disabled, retired, or deceased, and their child receives Social Security benefits
-Income from person outside the household	- A friend or extended family member regularly gives a child spending money
-Income from any other source	- A child receives regular income from a private pension fund, annuity, or trust

Sources of Income for Adults

Earnings from Work	Public Assistance / Alimony / Child Support	Pensions / Retirement / All Other Income
- Salary, wages, cash bonuses - Net income from self-employment (farm or business) If you are in the U.S. Military: - Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) - Allowances for Rations, housing, food and clothing	- Unemployment benefits - Worker's compensation - Supplemental Security Income (SSI) - Cash assistance from State or local government - Alimony payments - Child support payments - Veteran's benefits - Strike benefits	- Social Security (including railroad retirement and black lung benefits) - Private pensions or disability benefits - Regular income from trusts or estates - Annuities - Investment income - Earned interest - Rental income - Regular cash payments from outside household

OPTIONAL Children's Racial and Ethnic Identities

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility for free or reduced price meals.

Ethnicity (check one): ☐ Hispanic or Latino ☐ Not Hispanic or Latino

Race (check one or more): ☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian or Other Pacific Islander ☐ White

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

fax: (202) 690-7442; or

email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Do not fill out For School Use Only

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice a Month x 24 Monthly x 12

Total Income | How often? Weekly / Every 2 Weeks / Twice a Month / Monthly | Household Size | Categorical Eligibility ☐ | Eligibility: Free / Reduced / Denied

Determining Official's Signature | Date | Confirming Official's Signature | Date | Verifying Official's Signature | Date

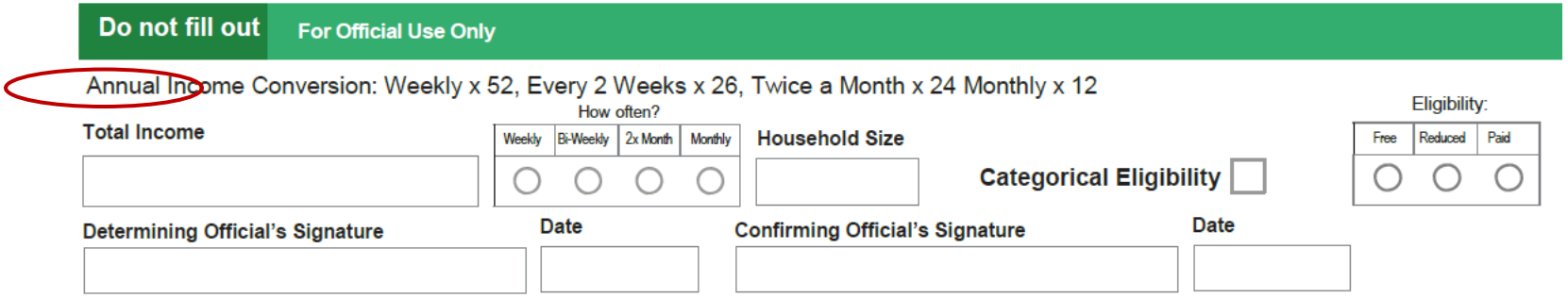
New Meal Benefit Eligibility Forms

Parent Letter

- Can be signed by the parent, stapled to the form and returned
- Included in your new enrollment packets
- Posted by the "And Justice For All" poster

Household Income

- Two or more frequencies must be converted to an annual amount. **For example, bi-weekly and monthly.** Circle annual at the bottom of the form.



New Meal Benefit Eligibility Forms

Spanish Form

- USDA has not provided the State agency with this version yet
- The ADE will provide an updated version of last year's form on our website for you to use in the interim

New Meal Benefit Eligibility Forms

- Webinar - http://www.azed.gov/health-nutrition/cacfp/cacfp-trainings/

Application Card

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Don't Leave Without It!